# Cumulative Index 1982, 1983, and 1984

Volumes 1, 2, and 3

Note: The year is in *italic* type. Page numbers of symposia and articles are in **boldface** type.

## **SYMPOSIA**

### 1982

March ANKLE AND FOOT PROBLEMS IN THE ATHLETE

July Skiing Injuries

November PEDIATRIC AND ADOLESCENT SPORTS MEDICINE

## 1983

March OLYMPIC SPORTS MEDICINE

July Injuries to the Shoulder in the Athlete

November INJURIES TO DANCERS

#### 1984

January PROFILING

April CARDIAC REHABILITATION

July NUTRITIONAL ASPECTS OF EXERCISE

October THE ATHLETIC WOMAN

Accessory navicular syndrome, 1982: March, 142

Achilles tendon, disorders of, 1983: March, 145–147

inflammation of, 1983: March, 145–147; Nov., 598

in dancer, 1983: Nov., 509 injuries of, 1983: Nov., 633–636 rupture of, 1983: March, 175, 177 strain of, in skiing, 1982: July 273–274

strapping of, 1982: March, 114-116 Acne, 1982: Nov., 419-420

Acromial arch, role of in passive mobility of shoulder, 1983: July, 249

Acromioclavicular joint, anatomy of, 1983: July, 429–430 dislocation of, historical development of care of, 1983: July, 236-237

in adolescent, 1983: July, 424–425 injury to, classification of, 1983: July, 431 conservative treatment of, 1983: July, 432–433

nonoperative versus operative treatment for, 1983: July, 434–435

Acromioplasty, 1983: July, 408-409 Active rest, 1983: March, 95

Active stretching exercises, 1984: Jan., 110 Adductor muscles, of hip, strain of, in dancer,

1983: Nov., 491–492 Adhesive strapping. See *Taping*.

Adipose tissue, adaptation of to exercise training, 1984: July, 607-609 Adolescent, as athlete, nutritional management of, 1984: July, 671-678

growth profile of, 1984: July, 672 children and, sports medicine in, sy

children and, sports medicine in, symposium on, 1982: Nov., 341-531

foot and ankle problems in, 1982: March, 131–147 sexual maturation in, sports participation

linked to, 1984: Jan., 157 shoulder problems in, 1983: July, 423-427

Adventitious bursa, in skiers, 1982: July, 274–275

Aerobic capacity, of females compared with males, 772

of professional football players, 1984: Jan., 194

Aerobic dance, metabolic effects of, 1983: Nov., 528–529, 530–531

Aerobic exercise, in pregnant woman, effect of on fetus, studies of, 1984: Oct., 886–888

Aerobic function, in female athletes, 1984: Oct., 779–790

Air splint, 1982: March, 83

Allergic rhinitis, in child, 1982: Nov., 397–400

Alpha-adrenergic agonists, hemodynamic effects of, 1984: Jan., 146–147

Alpha-methyldopa, hemodynamic effects of, 1984: Jan., 146–147

Alpha-tocopherol, effect on performance, 1984: July, 631–632

Alpine skiing. See also Skiing. boots for, 1982: July, 265–266

pressure problems caused by, 1982: July, 274–275

selection of, 1982: July, 204–205

injuries in, effect of environment on, 1982: July, 189, 192 epidemiology of, 1982: July, 181–197

equipment-related, prevention of, 1982: July, 199-207

release bindings for, 1982: July, 264–265 behavioral determinants of skiiers' failure to adjust, 1982: July, 209–215 capabilities of, 1982: July, 201–203 for children, 1982: July, 246–247 recommendations regarding, 1982: July,

safety standards for, 1982: July, 221–222 selection of, 1982: July, 203–204

training for, 1984: Jan., 268
Alprenolol, adverse effect of on exercise,

1984: Jan., 149
Altitude, effect of on exercise in cardiac pa-

tient, 1984: Apr., xii-xiii Amateur Sports Act of 1978, implications of for sports medicine, 1983: March, 7-11

Amenorrhea, 1983: Nov., 516-519; 1984: Oct., 871-872

exercise-related, 1984: July, 665-666

American football. See Football.

American Society for Testing and Materials, development of skiing safety standards by, 1982: July, 217–227

Amphetamines, enhancement of performance by, 1984: July, 737-738, 740

Anabolic steroids, 1982: Nov., 380; 1984: July, 702, 743–748

Anaerobic threshold, 1984: Jan., 124–125; Apr., 390–391

Anaphylaxis, 1982: Nov., 404-407 Androgeny, in athletes, 1984: Oct., 914

Anemia, 1984: Oct., 933, 935 sports participation of child with, 1984: Jan., 155

Angina, during exercise testing, 1984: Apr., 406–407

vasospastic, 1984: Apr., 408 Ankle, anatomy of, 1982: March, 35–36, 71, 74, 77–79, 117–119; 1983: March, 217–218

arthroscopy of, 1982: March, 35–45 foot and, biomechanics of, 1982: March, 19–34

19-34 preparticipation examination of, in child, 1984: Jan., 160-161

problems of, symposium on, 1982:

March, 3-178 taping of, 1982: March, 99-116

fractures of, in skiing, 1982: July, 271–272 functional instability of, 1982: March, 9–10 impingement of, in female athletes, 1984: Oct., 819–821

injuries of, 1982: March, 71–84 epidemiology, 1982: March, 13–18 in figure skaters, 1982: March, 17

in gymnasts, 1982: March, 16; 1983: Nov., 583–585

in runners, 1982: March, 17–18 in skiers, 1982: March, 17 nonoperative management, 1982: March, 85–98

ligaments of. See *Ligaments*, of ankle. overuse syndromes of, 1983: March, 147 sprains of, 1983: March, 217–224;

1984: Oct., 818–819 classification of, 1982: March, 83, 85, 86 in dancers, 1983: Nov., 509 in skiing, 1982: July, 271

strengthening exercises for, 1984: Oct., 819

taping of, 1984: Oct., 819, 820 tendon injuries about, 1983: Nov., 631–641 Ankylosing spondylitis, 1983: March, 213 Anorexia nervosa, in dancer, 1983: Nov., 546,

549–551, 553–554 in female athletes, 1984: July, 667; Oct., 851–852

Anterior cruciate ligament, injury to, 1983: March, 161–162

in skiing, 1982: July, 280-283

tear of, surgical vs. nonsurgical treatment, 1982: July, 283

Anterior drawer sign, 1983: March, 154 for ankle sprain, 1983: March, 219–220 Anterior drawer test, 1982: March, 7; July, 281

Anthropometric equations, 1984: July, 716–717

Antihypertensive agents, effect of on cardiovascular system., 1984: Jan., 144-146

Anti-inflammatory drugs, for overuse syndromes, 1983; July, 389

for shoulder impingement, 1983: July, 400 Antilordotic brace, 1983: March, 209 Anxiety, in female athletes, reduction of, 1984: Oct., 905

Apophysitis, calcaneal, 1982: March, 140–141 Arm(s), elevation of, range of motion in, 1983:

July, 254-255 forceful depression of, 1983: July, 261 horizontal flexion and extension of, range of motion of, 1983: July, 260

rotation of, biomechanics of, 1983: July, 260

Arm ergometer exercise, 1984: Apr., 377–380 Arousal control, 1983: March, 96–98 Arrhythmia, during exercise test, 1984: Apr.,

390, 404 Arthritis, aeromioelavicular, 1983: March, 129

Arthrography, ankle and subtalar, 1982: March, 47–69

in ulnar collateral ligament sprain, 1982: July, 300–306

of shoulder, 1983: July, 291–308 double-contrast technique in, 1983: July,

for overuse injuries, 1983: July, 386–387 in adhesive capsulitis, 1983: July, 302–303

preliminary radiographs for, 1983: July, 293

talonavicular, 1982: March, 62–65 Arthroplasty, shoulder, historical development of, 1983: July, 237

Arthroscopy, of ankle, 1982: March, 35–45 of knee, 1983: March, 159–160 of shoulder, 1983: July, 309–318

alternative portals for, 1983: July, 315-316

complications of, 1983: July, 317 for overuse injuries, 1983: July, 387 for subluxation, 1983: July, 347–349 operative, 1983: July, 316–317

Arthrotomography, of glenoid labrum, 1983: July, 297–298

of shoulder, 1983: July, 294–295 Ascorbic acid, effect of on performance, 1984: July, 628–630

Aspiration, of knee, 1983: March, 159-160 Assertiveness training, 1983: March, 95 Asthma, 1982: Nov., 400–404 exercise-induced, 1984: Jan., 130–132 sports participation of child with, 1984: Jan., 155

Athletes, classification of, after profiling, 1984: Jan., 5-7

based on age, 1984: Jan, 75 female. See Women, as athletes.

Attitude Toward Play Inventory, 1984: Oct., 915

Attitudes Toward Women Scale, 1984: Oct., 916

Axillary recess, on normal arthrogram, 1983: July, 296–297

Back, injury to, 1983: March, 191–215
in dancer, 1983: Nov., 473–484
low, pain in. See Low back pain.
strain or sprain of, 1983: March, 192, 194
with list, 1983: March, 194–195, 197
Back school, 1983: March, 201
Backache, chronic, 1983: March, 197–203

Backache, chronic, 1983: March, 197–203
Ballerina(s), ankle impingement in, 1984:
Oct., 821

professional, profiling of, 1984: Jan., 199-209

Ballet, energy requirements of, 1983: Nov., 527

history of, 1983: Nov., 459–460 injuries in, in Australia, 1983: Nov., 507–514

performance factors in, 1984: Jan., 69 technique of, 1983: Nov., 464-467 Banana-milk diet, 1984: July, 726-727 Barotrauma, otitic, 1982: Nov., 438 Baseball, body composition of players, 1984:

Jan., 56–57 cervicocranial injury in, 1982: Nov., 508–509

shoulder injuries in, 1983: July, 241–242 shoulder motion in, 1983: July, 380

Baseball finger, 1983: Nov., 625
Basketball, cervicocranial injury in, 1982:
Nov., 509

performance factors in, discriminant analysis of, 1984: Jan., 7

shoulder injuries in, 1983: July, 245
"Bassler hypothesis," 1984: Apr., 527-528
Bayes theorem, 1984: Apr., 399-400
Bed rest, physiologic deconditioning caused

by, 1984: Apr., 335-336, 502 Behnke anthropometric system, 1984: Jan.,

Bem Sex Role Inventory, 1984: Oct., 915 Bennett's fracture dislocation, 1983: Nov., 615

Bennett's view, 1983: July, 386

Beta-adrenergic blockers, hemodynamic effects of, 1984: Jan., 148-149 cardiac rehabilitation, 1984: Apr., 438, 491-494

Beverly Hills diet, 1984: July, 727 Biceps, long head of, tears of, 1983: March, 133-134

Biceps tendon, arthrography of, 1983: July, 297

inflammation of, 1983: March, 131 chronic, 1983: March, 125 physical therapy for, 1983: July, 133 lesions of, 1983: July, 403-404

rupture of, 1983: March, 177 arthrography of, 1983: July, 303

in dancer, 1983: Nov., 467-468 sheath of, role of in passive mobility of shoulder, 1983: July, 249

tears of, incomplete, arthrography of, 1983: July, 303-304

Biofeedback, in relaxation technique, 1983: March, 95; 1984: Oct., 918-919

Bioflavonoids, 1983: March, 107 Biomechanics, glossary of terms in, 1983:

March, 72 in Olympic sports medicine, 1983: March,

of foot and ankle, 1982: March, 19-34

of musculotendinous unit, 1983: March,

of shoulder, in throwing, swimming, gymnastics, and tennis, 1983: July, 247-270 of tibial shaft and knee injuries, in skiing, 1982: July, 229-239

Biotin, effect of on performance, 1984: July, 627

Bleeding dyscrasia, sports participation of child with, 1984: Jan., 155

Blisters, of foot, 1982: March, 151 Blood lactate accumulation, onset of, 1984:

, Jan., 250-251 Blood pressure, diastolic, response of during

exercise, 1984: Apr., 387 high. See Hypertension.

measurement of, 1984: Jan., 138-139 Blood supply, vertebral, 1983: Nov., 463-464 importance of in healing, 1983: July, 275

Body, adult human, average chemical composition of, 1984: July, 707

size and proportions of, summary of differences between males and females, 1984: Oct., 772

two-compartment model of, 1984: July, 706 Body builders, body composition of, 1984: Jan., 57-58

Body cell mass, formula for estimating, 1984: July, 708

Body composition, 1984: July, 705-722 comparison of men and women, 1984: Oct., 755-778, 779-780

definition of terms in, 1984: Oct., 755-756

effect of exercise on, in rats, 1984: July, 606

gross, 1984: Jan., 32-33

methods for measuring, 1983: Nov., 531; 1984: July, 713; Oct., 757-758

of ballerinas, 1984: Jan., 203-204 of baseball players, 1984: Jan., 56-57

of body builders, 1984: Jan., 57-58 of child, 1984: Jan., 162-163

of child athlete, 1982: Nov., 373-374

of dancer, 1983: Nov., 531-534 of football players, 1984: Jan., 55-56 of reference man and woman, 1984: Oct.,

764-765 of swimmers, 1984: Jan., 219-220

of wrestlers, 1984: Jan., 275, 277 Body composition profile, 1984: Jan., 31-64 computer-generated, 1984: Jan., 51-55

Body density, measurement of, 1984: July,

formula for, 1984: Jan., 38 Body fat, 1984: Jan., 33, 35

body density measurement of, 1984: Jan.,

estimation of, 1984: July, 694-695 fat folds, measurement of, 1984: Jan., 39

influence of on strength, in football players, 1984: Jan., 193

per cent of, differences between men and women, 1984: Oct., 763

in athletes, 1984: Oct., 779-780 formula for determining, 1984: July,

in athletes, 1984: July, 697 in elite athletes, 1984: July, 695-696 in female athletes, 1984: July, 655 in reference male and female, 1984: Oct.,

762 Body weight, low, need for in dancers, 1983: Nov., 540-541

Bone, mineral content of, measurement of, 1984: July, 714

nutritional requirements of, 1983: Nov.,

response of to repetitive stress, 1984: Oct.,

Bone block, iliac, for glenoid abnormality, 1983: July, 335

Bone diameters, measurement of, in body composition analysis, 1984: Jan., 42 Bone mass, estimation of, 1984: July, 713

Boot-top fracture, fibular, in skiing, 1982: July, 269

Borg rating of perceived exercise, 1984: Jan.,

Boutonniere deformity, 1983: Nov., 612 Boxing, cervicocranial injury in, 1982: Nov., 509

Brachial plexus, injury of, 1983: Nov.,

Bracing, patellar, 1984: Oct., 813, 840, 841

Brain, swelling of, acute, in child, 1982: Nov., 501

Break point strength testing, 1984: Jan., 78, 77-78

Breasts, female, effect of exercise on, 1984: Oct., 877

painful, treatment of, 1983: Nov., 521

Breathing. See Ventilation.

Bronchospasm, exercise-induced, 1982: Nov., 401–402

Bulimia, 1983: Nov., 552, 554

Bunions, in female athletes, 1984: Oct., 821–822

Bupivacaine (Marcaine), for facet joint pain, 1983: March, 211

Bursa, scapular, symptomatic, in dancer, 1983: Nov., 468–469

subacromial, role of in passive mobility of shoulder, 1983: July, 248

subdeltoid, steroid injection of, in chronic tendinitis, 1983: March, 127 subscapularis, on normal arthrogram, 1983:

July, 295–296

Bursitis, about hip, in dancer, 1983: Nov., 492, 494

retrocalcaneal, 1983: March, 147 in female athlete, 1984: Oct., 821 subcutaneous, of heel, 1983: March, 147

Bursography, subacromial, 1983: July, 300–301

Caffeine, effect of on performance, 1984: July, 736–737

possible banning of from Olympics, 1983: March, 16

Calcium, body, measurement of, 1984: July, 713

Calcium slow-channel blocking agents, effects of on cardiac rehabilitation, 1984: Apr., 494

California Psychological Inventory, 1984: Oct., 915

Callus, of foot, 1984: March, 150–151
Calories, daily intake of, recommendations for, in children, 1982: Nov., 374
in female athletes, 1984: July, 653–654

Calories don't count diet, 1984: July, 725 Cambridge diet, 1984: July, 725 Capsulitis, adhesive, radiographic findings in,

1983: July, 302–303 Captopril, hemodynamic effects of, 1984: Jan., 149

Carbohydrate, as fuel for endurance exercise, 1984: July, 572–573, 683, 733–734 consumption of, before exercise, 1984:

July, 590-591 during competition, 1984: July,

579–580 oxidation of, formula for, 1984: July, 584 role of in exercise, 1984: July, 583–593 Carbohydrate loading, 1984: July, 673 Cardiac output, of women compared with men, 1984: Oct., 781

response of to exercise, 1984: Jan., 16 Cardiac rehabilitation, clinical trials of, 1984: Apr., 545–557

community-based programs, 1984: Apr., 435-437

compliance in, 1984: Apr., 443-445, 459-460, 504, 554-555

psychosocial and clinical factors in, 1984: Apr., 445–447

continuous electrocardiographic monitoring in, 1984: Apr., 465

counseling in, 1984: Apr., 361-362

definition of, 1984: Apr., 349-350 distance running and, 1984: Apr., 513-526

effect of beta adrenegic drugs on, 1984: Apr., 438, 491–494

effect of calcium slow-channel blocking agents on, 1984: Apr., 484

effect of ventricular aneurysmectomy and endocardial resection on, 1984: Apr., 484 effectiveness of, studies of, 1984: Apr., 551\_559

testing patient to determine, 1984: Apr., 491

evaluating patients for, 1984: Apr., 371–393 exercise intensity of, equating of, 1984: Apr., 499

in cardiac transplant patients, 1984: Apr., 484-485

in patients with left ventricular dysfunction, 1984: Apr., 489-490

in-patient program, 1984: Apr., 429-430, 432

medical supervision in, degree of, 1984: Apr., 460-461

individualized approach to, 1984: Apr., 466, 467

on-site, 1984: Apr., 464

motivation of patients in, 1984: Apr., 451-453

multifactorial, model for, 1984: Apr., 363–365 scientific basis for, 1984: Apr., 350–351

nonmedical supervision of in early stages, 1984: Apr., 462

outpatient program, 1984: Apr., 432–435 safety of, 1984: Apr., 455–469 supervised, 1984: Apr., 354

unsupervised, 1984: Apr., 354–355 physiologic effects of, studies of, 1984: Apr., 552–553

psychosocial changes resulting from, studies of, 1984: Apr., 553-554

response to, effect of cardiac status on, 1984: Apr., 483-485

patient characteristics influencing, 1984: Apr., 482

risk of, assessment of, 1984: Apr., 438

Cardiac rehabilitation (Continued) specificity of training in, 1984: Apr., 499–501

symposium on, 1984: Apr., 295-563 trainability of arms versus legs in, 1984:

Apr., 501–502
Cardiac transplantation, patients with, effect of exercise training on, 1984: Apr.,

484-485 Cardiorespiratory fitness. See also *Physical* fitness

in cardiac patient, recommendations for,

1984: Apr., 426-427 in child, 1984: Jan., 165-166

in normal adult, recommendations for, 1984: Apr., 426

Cardiorespiratory system, changes in during exercise, in pregnancy, 1984: Oct., 882

Cardiovascular disease, presence of despite high levels of physical fitness, 1984: Apr., 540

sports for child with, 1982: Nov., 392–395; 1984: Jan., 156

sudden death due to, 1982: Nov., 395–396 Cardiovascular fitness, of ballerinas, 1984: Jan., 201

of dancers, 1983: Nov., 525-531

Cardiovascular system, effect of antihypertensive agents on, 1984: Jan., 144–146 effects of exercise conditioning on, 1984:

Jan., 14–15, 141–144

profiling of, 1984: Jan., 11-29 in skier, 1984: Jan., 254-257 in swimmer, 1984: Jan., 213-215 in wrestler, 1984: Jan., 277-280 uses of, 1984: Jan., 24-27

response of to exercise, 1984: Jan., 139–141 neural regulation of, 1984: Apr., 329–330

Caries, dental, 1983: March, 116 Cavus foot, 1982: March, 150

in child, 1982: March, 142–143 Cauliflower ear, prevention of, 2984: Jan., 286

Central nervous system, injury of, in child, field management of, 1982: Nov., 497–498

role of in exercise, 1983: March, 57-58

"Charley horse," 1983: March, 178 CHD. See Coronary heart disease.

Chemical composition, of average adult human body, 1984: July, 707

Chest, radiography of, in evaluation of heart disease, 1982: Nov., 387

Children, acute brain swelling in, 1982: Nov.,

adolescents and, sports medicine in, symposium on, 1982: Nov., 341-531

as athletes, body composition of, 1982: Nov., 373–374

caloric requirements of, 1982; Nov., 374

central nervous system injury in, 497-504

competition for, psychological aspects of, 1982: Nov., 521–523

eye injury in, 1982: Nov., 469–482 genitourinary tract of, injury to, 1982: Nov., 483–493

head injury in, 1982: Nov., 498–500 nutritional care of, 1982: Nov., 371–381 overuse syndromes in, 1983: Nov., 595–607

perineal trauma to, 1982: Nov., 489–490 preparticipation examination of, 1982: Nov., 353–369

psychological assessment of, 1982: Nov., 523–524

spinal injury in, 1982: Nov., 500–501 teeth of, injury to, 1982: Nov., 449–453 disqualification of from athletic participa-

tion, 1982: Nov., 367–369 exercise and mental health in, 1982: Nov.,

515–527 face of, growth and development of, 1982:

Nov., 455–456 facial bones of, compared with adult, 1982: Nov., 453–454

foot and ankle problems in, 1982: March, 131-147

in competitive skiing, 1982: July, 247–249 profiling of, 1984: Jan., 153–169 ski equipment for, 1982: July, 246–247 skiing injuries in, 1982: July, 241–251 spiral tibial fracture in, 1982: July, 243–244

spiral tibial fracture in, 1982: July, 243–244 with heart disease, sports for, 1982: Nov., 392–395 Cholesterol, levels of, effects of exercise train-

ing on, 1984: Apr., 480 HDL versus LDL, effects of exercise on, 1984: Apr., 480–481

Chondromalacia, in dancer, 1983: Nov., 511 Chronic obstructive pulmonary disease, exercise and, 1984: Jan., 132–135

Chronotropic incompetence, 1984: Apr., 405–406

formula for calculating, 1984: Apr., 385 Cigarette smoking, as risk factor for coronary artery disease, 1984: Apr., 357

Cleats, relation of to injuries, 1982: March, 158-162

Clicking hip, in dancer, 1983: Nov., 495–496, 510

Clinical exercise testing, 1984: Apr., 319–332 Clipping injury, to knee, 1983: March, 149–150

Clonidine, hemodynamic effects of, 1984: Jan., 147

Coaches, education of in psychological skills, need for, 1983: March, 88, 89

sources of nutritional information for, study of, 1984: July, 675 Cognitive reconstruction, 1983: March, 96 Cold, effect of on exercise in cardiac patient, 1984: Apr., xii

Cold therapy, 1983: July, 278–279, 387; Nov., 604

Compartment syndromes, in female athletes, 1984: Oct., 864
Competition, attitudes of females toward,

Competition, attitudes of females toward, 1984: Oct., 898

Computer, exercise equipment with, 1983: March, 37-41, 59-65

use of to link body composition analysis with weight training, 1984: Jan., 60, 62–63

Concussion, in child, 1982: Nov., 498-499 labyrinthine, 1982: Nov., 439

Conditioning, for overarm sports, 1983: July, 413–414

in cardiac patients, chronic adaptations to, 1984: Apr., 471-512

nutritional, for athletic competition, 1984: July, 567-582

Connective tissues, response of to applied demands, 1983: July, 273-275

Contact dermatitis, 1982: Nov., 428-429 Contraception, for female athlete, 1983:

Nov., 520; 1984: 874–875 Contraceptives, oral, nutritional supplementation for users of, 1984: Oct., 928

Contusion, musculotendinous, 1983: March, 177–179

Coracohumeral ligament, role of in passive stability of shoulder, 1983: July, 251

Coronary artery bypass surgery, cardiorespiratory conditioning after, 1984: Apr., 426-427

exercise testing after, 1984: Apr., 384–385, 410

Coronary artery disease, cigarette smoking and, 1984: Apr., 357

diet modification for, 1984: Apr., 359 patients with, exercise, education, and counseling for, 1984: Apr., 349–369

return to sexual activity following. 1984: Apr., 361

return to work following, 1984: Apr., 361 severity of, effect of on response to exercise training, 1984: Apr., 483

"type A behavior" and, 1984: Apr., 360 women with, special needs of, 1984: Apr., 362-363

Coronary care unit, exercise for patients in, 1984: Apr., 336-337

Coronary heart disease, conditioning in, chronic adaptations to, 1984: Apr., 471–512

exercise and, epidemiology of, 1984: Apr., 297-318

exercise in, effect of on risk factors associated with, 1984: Apr., 476-477, 478-479 medical clearance for, 1984: Apr., 458-459

prescription for, 1984: Apr., 459 protective effects of, 1984: Apr., 314–315 risk of cardiac complications during, 1984: Apr., 457–458

risk of sudden death reduced by, studies showing, 1984: Apr., 310-313

study of, in British civil servants, 1984: Apr., 302-303

in United States college men, 1984: Apr., 303-307

Vo<sub>2</sub> max improvement after, 1984: Apr., 472–474

in marathon runners, 1984: Apr., 527-543 occupational physical activity and, studies of, 1984: Apr., 298-299

in San Francisco longshoremen, 1984: Apr., 299-301

recurrent, relation of exercise to, studies of, 1984: Apr., 313-314

role of exercise in prevention of, 1984: Apr., 307–308

Coronary Heart Disease Study Group, 1982, 1984: Apr., 345–346

Coronary stenosis, effects of during exercise, 1984: Jan., 16–17

Corticosteroids, for overuse injuries, 1983: July, 388–389

Counseling, behavioral, for athletes, 1984: Oct., 916-918

role of in cardiac rehabilitation, 1984: Apr., 352–353, 361–362

Crab louse, 1982: Nov., 428

Cramps, menstrual, 1983: Nov., 520; 1984: Oct., 874

Crawl stroke, mechanics of, 1984: Jan., 212Cross-country ski, compared with alpine ski, 1982: July, 334

Cross-country skiing. See also Skiing. acute spinal fracture in, 1982: July, 310, 311

chronic low back pain in, 1982: July, 314-317

conditioning exercises for, 1982: July, 337 forces in low back during, 1982: July, 315 injuries in, 1982: July, 333–338

controversy over rate of, 1982: July, 335-336

training for, 1984: Jan., 267-268 Vo<sub>2</sub> max in, 1984: Jan., 248, 252, 253

Crossed extensor reflex, 1983: March, 75-76 use of in karate, 1983: March, 78

Cryotherapy, 1983: July, 278–279; Nov., 604 Cyanocobalamin, effect of on performance, 1984: July, 627

Cybex II exercise machine, in diagnosis of multidirectional instability, 1983: July, 356–357

Cybex isokinetic dynamometer, 1984: Jan., 92-93, 97 Cybex isokinetic dynamometer (Continued) measurement error of, correction of, 1984: Jan., 282

use of in skeletal muscle testing, 1983: March, 37-38

Cycle ergometer, in cardiovascular testing, 1984: Jan., 20–21

Dancers, ballet, female, ankle impingement in, 1984: Oct., 821 profiling of, 1984: Jan., 199–209 injuries to, problems causing, 1983: Nov.,

460 symposium on, 1983: Nov., 457–656

professional, emotional profile of, 1983: Nov., 564 physical characteristics of, 1983: Nov.,

physical characteristics of, 1983: Nov. 564–565

stages in life of, 1983: Nov., 565–570 Dancing, gymnastics and, sports medicine in, 1983: Nov., 571–593

physical demands of, measurement of, 1983: Nov., 526-527

physiology of, 1983: Nov., 525–537 surfaces for, study of, 1983: Nov., 557–561 training in, metabolic effects of, 1983: Nov., 528–531

Death, sudden. See Sudden death. de Coubertin, Baron Pierre, 1983: March,

Dehydration, in adolescent athlete, 1984: July, 673

Deep muscle relaxation, 1983: March, 95 Deep squat, performance of by female athlete, 1984: Oct., 805

Degloving wound, of maxilla or mandible, 1982: Nov., 459

Deltoid ligament, of ankle, 1982: March, 74 injury to, 1982: March, 119

Deltoid muscle, role of in arm elevation, 1983: July, 256–257

Dental problems, of athletes, 1983: March, 115-122

Depression, in patient with thoracic outlet syndrome, 1983: July, 448 Developpe, 1983: Nov., 492, 493

Diabetes, sports participation of child with, 1984: Jan., 156-157

Diaphragm, contraceptive, wearing of during exercise, 1984: Oct., 874

Diet, alteration of, in coronary artery disease, 1984: Apr., 359

balanced, basic diet plan for, 1984: July, 568, 570 composition of, effect of on protein require-

ment, 1984: July, 601–602 daily, caloric level of, for female athlete,

1984: July, 653-654 effect of on choice of fuel, 1984: July, 587 for athletes, 1983: March, 109–110 psychological effects of, 1983: March, 110 of adolescents, 1984: July, 671–672 of dancers, study of, 1983: Nov., 541–543 weight control, criteria for, 1984: July, 724 weight gaining, 1982: Nov., 379 in female athlete, 1984: July, 654 weight reduction, 1989: Nov. 379–380

weight reduction, 1982: Nov., 379–380 for athlete, 1984: July, 693 for female athlete, 1984: July, 654 for wrestler, 1984: Jan., 281–282

Dietary allowances, recommended daily, 1982: Nov., 375

Disc, disease of, 1983: March, 200 epidural injections for, 1983: March, 203 lumbar, 1983: March, 201–203 hernisted, silent, in dancer, 1983: Nov.

herniated, silent, in dancer, 1983: Nov., 496-497

Discriminant analysis, in measuring multiple performance factors in sports, 1984: Jan., 7–8

in profiling, 1984: Jan., 189-191

Dislocation, acromioclavicular, care of, historical development of, 1983: July, 236–237

of shoulder, care of, historical development of, 1983: July, 232-234

in adolescent, 1983: July, 425–426 multidirectional, 1983: July, 370 neurovascular injury and, 1983: July,

326–327 operative repair of, hardware complica-

tions of, 1983: July, 331–332 nerve injury complications of, 1983: July, 331

posterior, 1983: July, 369–378 persistent unreduced, 1983: July, 376 recurrent, 1983: July, 375–376 reduction of, 1983: July, 375

recurrent, diagnosis of, 1983: July, 328 postoperative, 1983: July, 330 treatment of, 1983: July, 329–330

reduction of, 1983: July, 323–324 exercises following, 1983: July, 324–325

rotator cuff tear and, 1983: July, 327 of sternoclavicular joint, 1983: July, 435–437

in adolescent, 1983: July, 426 Disqualification, of child from participation in sports, 1982: Nov., 367–369

Distance running. See also Marathon runners.

cardiac rehabilitation and, 1984: Apr., 513-526

Diuretics, hemodynamic effects of, 1984: Jan., 146

Diving, cervicocranial injuries in, 1982: Nov., 510

Dr. Atkins' revolutionary diet, 1984: July, 725

Dr. Stillman's quick inches-off diet, 1984: July, 726

Doping, definition of, 1983: March, 13-14 Drinking man's diet, 1984: July, 726

Drowning victim, management of, 1982: Nov., 409-417

Drugs, effects of on exercise test, 1984: Apr.,

for asthma, Olympic status of, 1982: Nov., 403; 1984: Jan., 288

for reinforcing cardiac function, 1982: Nov.,

prohibited at Olympic Games, list of, 1983: March, 15

testing for, 1983: March, 14-16 International Olympic Committee regulations for, 1983: March, 13

Drug abuse, by athletes, solution for, 1983: March, 101-103

Dynamic exercise, 1984: Apr., 321 Dynamic patellar brace, 1984: Oct., 813 Dysmenorrhea, 1983: Nov., 520; 1984: Oct., 874

Early ambulation, after myocardial infarction, 1984: Apr., 333-348

Eating disorders. See specific disorder.

Echocardiography, 1982: Nov., 387 in cardiovascular evaluation, 1984: Jan., 18 of dancers, 1983: Nov., 528

Elbow, injury to, in female gymnasts, 1983: Nov., 578-579

shoulder and, preparticipation examination of, in child, 1984: Jan., 78

Electrical stimulation, of quadriceps, for skiing injury, 1982: July, 290

Electrocardiogram, resting, in cardiovascular evaluation, 1984: Jan., 18

Electrolytes, fluid and, imbalance of, in dancers, 1983: Nov., 544-545

in ultra-endurance sports, 1984: July, 683-685

water and, requirements for during exercise, 1984: July, 639-648

Electronic monitoring, of cardiac patients, in home exercise training program, 1984: Apr., 462-464

during group cardiac rehabilitation program, 1984: Apr., 465

Electrotherapy, for overuse injuries, 1983: July, 388

Elite athlete, sports psychology and, 1983: March, 87-99

Ely test, 1983: March, 172

Employment, of pregnant woman, effect of on fetus, 1984: Oct., 889-890

Endometriosis, 1983: Nov., 521

Endurance exercise, carbohydrate as fuel for, 1984: July, 572-573, 683, 733-734 protein metabolism in, 1984: July, 596-597 Energy, requirements for, for female athletes, 1984: July, 649-650

under polar conditions, 1984: July, 687 source of, during rest, 1984: July, 585-586 utilization of, in exercise, 1982; Nov., 371-373

Energy cost, of various physical activities, 1984: July, 569

Epidemiology, definition of, 1982: Nov., 346 of alpine skiing injuries, 1982: July, 181-197

of sports injuries, in children, 1982: Nov., 343-351

Epidural hematoma, 1982: Nov., 499

Epiphysis, skiing injury to, 1982: July, 246 Epistaxis, 1982: Nov., 442

Equipment, athletic, safety standards for, 1982: Nov., 349

exercise. See Exercise equipment. Ergogenic aids, 1984: July, 731-742

classification of, 1983: March, 105-106 Ervthrasma, 1982: Nov., 423

Examination, preparticipation, of child, 1982: Nov., 353-369; 383-386 cardiac, 1982: Nov., 385-386

Exercise, after myocardial infarction, in-hospital, 1984: Apr., 337-341, 353

cardiovascular response to, 1984: Jan., 15-17; Apr., 324-327 neural regulation of, 1984: Apr., 329-330

central nervous system in, role of, 1983: March, 57-58

changes in R wave amplitude after, 1984: Apr., 390

coronary heart disease and, epidemiology of, 1984: Apr., 297-318

diastolic blood pressure response during, 1984: Apr., 387

effect of, on body composition, 1984: July, 709-711

in rats, 1984: July, 606

on cardiac performance, 1984: Apr., 519-520

on choice of substrate, 1984: July, 586 on myocardial oxygen consumption, 1984: Apr., 474-476

on risk factors associated with coronary heart disease, 1984: Apr., 476-477, 478-479

on serum lipids and lipoproteins, 1984: Apr., 477, 480-481

psychological, 1984: Apr., 481 energy utilization in, 1982: Nov., 371-373 fat metabolism in, 1984: July, 605-621

for ankle injuries, 1982: March, 88 for shoulder dislocation, postsurgical, 1983: July, 324-325

for shoulder subluxation, 1983: July, 349-350

for thoracic outlet syndrome, 1983: July, 448-450

Exercise (Continued)

heart rate response to, 1984: Apr.,

in coronary or intensive care unit, 1984: Apr., 336-337

in patient with coronary heart disease, medical clearance for, 1984: Apr., 458-459

in patient with fixed heart rate pacemaker, 1984: Apr., 485

in prevention of hypertension, role of, 1984: Apr., 308-309

in prevention of recurrent coronary heart disease, role of, 1984: Apr., 307-308

in treatment of athletic injuries, 1983: July, 278

intake of fluids during, 1984: July, 643-644 intensity of, relationship of to utilization of available fuel, 1984: July, 680-683 isokinetic, 1983: March, 38-40

compared with isotonic, 1983: March,

leisure time, coronary heart disease and, study of, in British civil servants, 1984: Apr., 302-303

in United States college men, 303-307

mental health and, in children, 1982: Nov., 515-527

nutritional support during, 1984: July, 578-580

of pregnant woman, as test of fetal wellbeing, 1984: Oct., 888-889

effect of on pregnancy outcome, 1984: Oct., 890-891 recommendations 1984: Oct., for,

891-892 prescription of, for cardiac patient, 1984:

Apr.: 425-442, 459 protective effects of against coronary heart

disease, 1984: Apr., 314-315 relation of to recurrent coronary heart disease, studies of, 1984: Apr., 313-314

risk of cardiac complications during, 1984: Apr., 457-458

risk of sudden death reduced by, studies showing, 1984: Apr., 310-313

strengthening, for supraspinatus muscle, 1983: July, 416, 418, 419

stretching, for rotator cuff injury, 1983: July, 414-415, 416, 417

types of, 1984: Apr., 319-321

ventilation and, 1984: Jan., 124-128 Exercise equipment, computerized, 1983:

March, 37-41, 59-65 studies using, 1983: March, 40-53, 64-65 hydraulic mechanism type, drawbacks of,

1983: March, 60 weight-based, risk of injury with, 1983: March, 60

Exercise-induced bronchospasm, 1982: Nov., 401-402

Exercise physiology, at United States Olympic Training Center, 1983: March, 19-30 in handicapped athletes, 1983: March, 187-188

Exercise testing, 1984: Jan., 22-24

after coronary artery bypass surgery, 1984: Apr., 384-385, 410

after myocardial infarction, 1984: Apr., 382-384, 409-410

angina during, 1984: Apr., 406-407 arrhythmia during, 1984: Apr., 390, 404 clinical, 1984: Apr., 319-332

effects of drugs on, 1984: Apr., 401 end points for, 1984: Apr., 372

false-negative results of, 1984: Apr., 401 false-positive results of, 1984: Apr., 400

hyperventilation during, 1984: Apr., 401 hypotension during, 1984: Apr., 404-405 in chronic obstructive pulmonary disease, 1984: Jan., 133-135

in evaluating cardiac patient for rehabilitation, 1984: Apr., 371-393

indications and contraindications for, 1984: Apr., 372, 398

intraventricular conduction defect developed during, 1984: Apr., 403-404 isometric, 1984: Apr., 380-381, 395-396

lead systems for, 1984: Apr., 389, 397 modes of, 1984: Apr., 374

of cardiac patient, before hospital discharge, 1984: Apr., 353

of child, for cardiovascular disease, 1982: Nov., 387-392

predictive value of, formula for calculating, 1984: Apr., 400

protocols for, comparison of, 1984: Apr.,

OT interval in, 1984: Apr., 403

R wave analysis in, 1984: Apr., 402-403 results of, men and women compared, 1984: Apr., 401

rhythmic isotonic, 1984: Apr., 376 sensitivity of, formula for calculating, 1984:

Apr., 399 septal Q wave analysis in, 1984: Apr., 403 specificity of, formula for calculating, 1984:

Apr., 399 ST-T depression during, 1984: Apr., 388-389, 396-397, 400

ST-T elevation in, 1984: Apr., 402 types of, 1984: Apr., 375-376

U wave inversion in, 1984: Apr., 403

use of in management and prognosis, 1984: Apr., 395-416

Exercise-induced asthma, 1984: Jan., 130-132 Expeditioneering, diet for, 1984: July, 687-689

Extensor mechanism, overloading of, in female gymnast, 1984: Oct., 835, 836

Eye, injury to, in child, 1982: Nov., 469-482 field management of, 1982: Nov., 480-481

Face, of child, growth and development of, 1982: Nov., 455-456

bones of, compared with adult, 1982: Nov., 453-454

Facet joints, injury to, 1983: March, 210–212 Fad diets, 1984: July, 690, 723–729 Fasciitis, plantar, 1983: March, 147; Nov.,

Fasciitis, plantar, 1983: March, 147; Nov., 597-598

chronic, 1982: March, 150 taping for, 1983: Nov., 605

Fat, as fuel source for exercise, 1984: July, 736

body. See Body fat.

contribution of to metabolism, measurement of, 1984: July, 584

dietary, intake of during training, 1984: July, 571

metabolism of, role of in exercise, 1984: July, 605-621

oxidation of, during exercise, effect of diet composition on, 1984: July, 612 transition to from carbohydrate oxidation, 1984: July, 611

formula for, 1984: July, 584

Fat fold measurement, 1984: Jan., 38-41

Fatty acids, response of to exercise and rest, 1984: July, 610

use of as fuel during exercise, 1984: July, 606-607, 609

Fear, of success, in female athletes, 1984: Oct, 902

Female athletes. See Women, as athletes.
Femininity, sports participation and, 1984:
Oct., 911

testing for, at Olympic Games, 1983: March, 16-17

International Olympic Committee regulations for, 1983: March, 13

Fencers, elite competitive, profiling of, 1984: Jan., 231–244

Fetus, effects of maternal aerobic exercise on, studies of, 1984: Oct., 886–888 effect of maternal employment on, 1984:

Oct., 889-890 well-being of, maternal exercise as test of,

1984: Oct., 888–889 Fiber, muscle. See Muscle fiber.

Fibula, boot-top fracture of, in skiing, 1982: July, 269

Fick equation, 1984: Jan., 12

"Fight or flight" reaction, 1984: Apr., 521
Figure skating, ankle injuries in, 1982:
March, 17

Fingers, fractures of, 1983: Nov., 619-622 First aid, for acute athletic injury, handout describing, 1982: Nov., 367

First ray, congenitally short, 1983: Nov., 500 Fistula, perilymph, of inner ear, 1982: Nov., 439

FITCOMP program, 1984: Jan., 60, 62-63 Fixed-heart rate pacemakers, exercise training in patients with, 1984: Apr., 485 Flatfoot, 1982: March, 149-150

Flexibility, 1984: Apr., 101-117

advantages of in sports, 1984: Jan., 269 assessment of, in musculoskeletal profile, 1984: Jan., 81, 82–83

development of, guidelines for, 1984: Jan., 116

techniques for, 1984: Jan., 111-113

effects of resistance training on, myths concerning, 1984: Oct., 795

in ballerina, 1984: Jan., 204 in child, 1984: Jan., 163

in fencer, 1984: Jan., 237

in swimmer, 1984: Jan., 113, 222-223 in wrestler, 1984: Jan., 280-281

influence of on strength, in football players, 1984: Jan., 194

"natural," 1983: March, 81

relation of to performance in sports, 1984: Jan., 113–114

scientific basis of, 1984: Jan., 103-104

Flexor hallucis longus, tendinitis of, in dancer, 1983: Nov., 510–511

Floor surface, for dancing, study of, 1983: Nov., 557–561

Fluid, electrolytes and, imbalance of, in dancers, 1983: Nov., 544–545

in ultra-endurance events, 1984: July, 683-685

intake of during exercise, 1984: July, 643-644

Fluid balance, in adolescent athletes, 1984: July, 673

Folic acid, effect of on performance, 1984: July, 627

supplementation with during pregnancy, 1984: July, 659

Folk dancing, physical demands of, 1983: Nov., 526–527

Folliculitis decalvans, 1982: Nov., 421

Foot, acute sprains of, 1982: March, 154–155 ankle and, biomechanics of, 1982: March, 19–34

preparticipation examination of, in child, 1984: Jan., 160–161

problems of, symposium on, 1982: March, 3–178

examination of in musculoskeletal profile, 1984: Jan., 80

overuse syndromes of, 1983: March, 147 problems of, in female athletes, 1984: Oct., 821–822

in young dancer, 1983: Nov., 585–587 soft tissue conditions of, 1982: March, 149–155

tendinitis of, in dancer, 1983: Nov., 510-511

Football, catastrophic injuries in, surveillance of, 1982: Nov., 349–350

cervicocranial injury in, 1982: Nov., 504–507

performance factors in, 1984: Jan., 69

Football (Continued)

players of, body composition of, 1984: Jan., 55-56

professional, profiling of, 1984: Jan., 185-197

preseason conditioning for, handout describing, 1982: Nov., 366 shoulder injuries in, 1983: July, 243–244

Footwear, athletic, 1982: March, 157–175
Force couple coordination, in arm elevation, 1983: July, 258–259

Force couple imbalance, in arm elevation, 1983: July, 259-260

Forced expiratory volume, prediction equation for, 1984: Jan., 123

 Forced vital capacity, measurement of by flow volume loop, 1994: Jan., 121, 122
 prediction equation for, 1994: Jan., 123
 Fractures, ASIF classification of, 1982: July,

dental, 1982: Nov., 452–453 finger, 1983: Nov., 619–622 lumbar, 1983: March, 212 mandibular, 1982: Nov., 461

mandibular, 1982: Nov., 461 maxillary, 1982: Nov., 462 examination for, 1982: Nov., 457–458

metatarsal, in child, 1982: March, 138 nasal, 1982: Nov., 440–442

of hallux, in child, 1982: March, 138-139 in dancer, 1983: Nov., 504

of shoulder, care of, historical development of, 1983: July, 236 dislocation and, 1983: July, 326

orbital, 1982: Nov., 462–463 osteochondral, 1983: March, 163–164 skiing, boot-top fibular, 1982: July, 269

injury patterns in, 1982: July, 254 intra-articular, rehabilitation of, 1982: July, 293

of ankle, 1982: July, 271-272 tibial, 1982: July, 234-236, 266-269 stress. See Stress fracture.

temporal bone, 1982: Nov., 439 zygomatic, 1982: Nov., 462 "Fracture blisters," 1982: March, 152

"Fracture blisters," 1982: March, 152
Free weights, comparison of with machines
for resistance exercise, 1984: Oct.,
805–806

Freiberg's infraction, 1982: March, 143–144 Frost's triplane fracture, 1982: March, 136 Fructose, as fuel for exercise, 1984: July, 734 Fuel, catabolism of, basic scheme of, 1984: July, 732

use of by body, determination of type of, 1984: July, 584–585

use of in exercise, relation of intensity and duration to, 1984: July, 680-683 Functional aerobic impairment, formula for

calculating, 1984: Apr., 386 Furunculosis, 1982: Nov., 421 Gait, evaluation of, 1984: Jan., 79 Gamekeeper's thumb, 1982: July, 297 Gas exchange, pulmonary, 1984: Jan., 123

Gastrocnemius-soleus, strain of, 1983: March, 175

Genitalia, external female, injury to, 1982: Nov., 490-491

Genitourinary tract, of child, sports-related injury to, 1982: Nov., 483–493
Gibney strapping, 1982: March, 101–104

modified, 1982: March, 104–108

Gingivitis, ulcerative, 1983: March, 117 Girths, measurement of, in body composition analysis, 1984: Jan., 41

Glenohumeral joint. See Shoulder.

Glenohumeral ligaments, role of in passive stability of shoulder, 1983: July, 250–251 Glenoid cavity, abnormalities of, iliac bone

block for, 1983: July, 335

Glenoid labrum, abnormalities of, surgical repair of, 1983: July, 335

double-contrast arthrotomography of, 1983: July, 297–298, 306–307

role of in passive stability of shoulder, 1983: July, 249–250

tears of, 1983: March, 132-133

Glucose, as fuel for exercise, 1984: July, 734 blood, role of as energy substrate, 1984: July, 589–590, 682–683

Glycerol, as fuel for exercise, 1984: July, 736 Glycogen, muscular stores of, relation of to endurance capacity, 1984: July, 587–588 use of during high intensity exercise, 1984: July, 680

Glycogen loading, 1982: Nov., 378–379; 1984: July, 573–574

Golgi tendon reflex, 1983: March, 75-76 Goniometer, 1984: Jan., 105, 106

Graded exercise test. See Exercise testing.Granulation tissue, effect of on response to applied demand, 1983: July, 276–277

Grapefruit diet, 1984: July, 726 Great toe. See Hallux.

Groin pull, 1983: March, 173

Group examination, organization of, 1982: Nov., 355–357

Growth hormone, use of to stimulate muscle growth, 1984: July, 746

Growth plate, injury of, in children, 1982: March, 133-136

Gymnasts, ankle injuries in, 1982: March, 16 cervicocranial injury in, 1982: Nov., 509–510

dancers and, sports medicine in, 1983: Nov., 571–593

female, ankle impingement in, 1984: Oct., 819-820

overuse injuries of knee and spine in, 1984: Oct., 829-850

shoulder motion in, 1983: July, 380-381

Gynecologic problems, in female athletes, 1984: Oct., 869-879

obstetric problems and, in dancer, 1983: Nov., 515-523

Hallux, disorders of, in dancers, 1983: Nov., 499-505

fracture of, in child, 1982: March, 138-139 in dancer, 1983: Nov., 504

metatarsal phalangeal joint of, taping of, 1984: Oct., 821

Hallux rigidus, in dancer, 1983: Nov., 501-502

Hamstrings, flexibility of, testing of, 1984: Jan., 108

pulls of, in dancer, 1983: Nov., 491 strain of, 1983: March, 174-175

Hand, common injuries of, 1983: Nov., 609-629

Handicapped athletes, 1983: March, 183–190 skiing by, 1982: July, 319–332

Head, injury to, in child, 1982: Nov., 498-500 Heart. See also Cardiovascular system.

changes in wall thickness of, in dancers, 1983: Nov., 528

disease of, children with, sports for, 1982: Nov., 392–395

coronary. See Coronary heart disease. ischemic, effect of on cardiac rehabilitation, 1984: Apr., 483–484

valvular, effect of on exercise, 1984: Jan., 17

performance of, effects of exercise training on, in humans, 1984: Apr., 519-520 animal studies of, 1994: Apr., 518-519 response of to exercise, 1984: Jan., 15-17 size of, effect of running on, 1984: Apr.,

Heart rate, target training, calculation of in cardiac patients, 1984: Apr., 428-429

Heart rate response, during exercise, 1984: Apr., 405

Healing, importance of vascularity in, 1983: July, 275

of microfailures, concentration of stress in, 1983: July, 276–277

Heat, effect of on exercise in cardiac patient, 1984: Apr., xii

Heat therapy, for athletic injuries, 1983: July, 278–279

for shoulder impingement, 1983: July, 399-400

Height, of female athletes, 1984: Oct., 767 "Helicopter" fracture, in free-style skiers, 1982: July, 246

Hematoma, subungual, 1982: March, 152 Hematoma auris, prevention of, 1984: Jan., Hematuria, 1982: Nov., 483-484

Hemoglobin, total blood volume and, of women compared with men, 1984: Oct., 781

Hemorrhage, intracerebral, in child, 1982: Nov., 500

Herpes simplex, 1982: Nov., 423, 426 Hip, flexibility of, testing of, 1984: Jan., 105,

of dancer, 1983: Nov., 485-498 clicking of, 1983: Nov., 510 snapping around, 1983: Nov., 495

stress fracture of, 1983: Nov., 490 Hip adductor, strain of, 1983: March, 173

in dancer, 1983: Nov., 491-492 Hip flexor length, testing of, 1984: Jan., 108-109, 110

Hockey, eye injuries in, 1982: Nov., 472–473 performance factors in, discriminant analysis of, 1984: Jan., 7, 8

Hormones, effects of on weight training, 1984: Jan., 223

levels of, in female athletes, 1983: Nov., 517-518

Horseback riding, cervicocranial injuries in, 1982: Nov., 510

Human chorionic gonadotropin diet, 1984: July, 726

Humerus, head of, role of in passive mobility of shoulder, 1983: July, 247

Hydrostatic weighing, 1984: Jan., 36–38Hyperlordosis, in dancer, 1983: Nov., 474, 475, 476, 477

Hypertension, child with, sports participation of, 1984: Jan., 156

control of, patient education concerning, 1984: Apr., 359

patient with, profiling of, 1984: Jan., 137-152

role of exercise in preventing, 1984: Apr., 308–309

Hyperventilation, during exercise test, 1984: .Apr., 401

Hypervitaminosis, 1983: March, 107-108 Hypoestrogenemia, in dancers, as possible

Hypoestrogenemia, in dancers, as possible cause of stress fractures, 1983: Nov., 545
Hypotension, during exercise test, 1984:
Apr., 404–405

Hypoxic training, in swimming, 1984: Jan., 212-213

Ice hockey, eye injuries in, 1982: Nov., 472-473

performance factors in, discriminant analysis of, 1984: Jan., 7, 8

Icing, as treatment for shoulder impingement, 1983: July, 399

Iliopsoas, strain of, 1983: March, 175

Imagery training, 1983: March, 95Impaired sight, participation of athlete with, 1982: Nov., 480

Impetigo, 1982: Nov., 420-421

Impingement. See under body part affected.
Infarct, cardiac, size of, effect of on response to cardiac rehabilitation, 1984: Apr., 484.

Infections, acute, sports participation of child

with, 1984: Jan., 154-155 pelvic and vaginal, in athlete, 1984: Oct., 876

Inferior capsular shift operation, anterior approach, 1983: July, 360, 362

posterior approach, 1983: July, 362–363, 365

Infertility, in female athletes, 1984: Oct., 875 Infrapatellar strap, 1984: Oct., 813

Infraspinatus muscle, teres minor muscle and, strengthening of, 1983: July, 419 Infraspinatus tendon, chronic tendinitis of, 1983: March, 125

Ingrown toenail, in dancer, 1983: Nov., 503Injury. See also *Trauma* and specific body part.

acute, first aid for, handout describing, 1982: Nov., 367

ankle tendon, 1983: Nov., 631-641 anterior cruciate ligament, 1983: March, 161-162

back, 1983: March, 191-215 facet joint, 1983: March, 210-212 hand 1983: New 600 680

hand, 1983: Nov., 609–629 in alpine skiing, epidemiology, 1982: July, 181–197

in ballet dancer, 1984: Jan., 205–208 in child, dental and maxillofacial, 1982:

Nov., 449-468 genitourinary, sports-related, 1982:

Nov., 483–493 head, 1982: Nov., 498–500 nasal, 1982: Nov., 439–442 ophthalmologic, 1982: Nov., 469–482 ossicular, 1982: Nov., 437–438 otolaryngologic, 1982: Nov., 431–447 skiing, 1982: July, 241–251

spinal, 1982: Nov., 500–501 sports-related, epidemiology, 1982:

Nov., 343-351 in football, 1984: Jan., 194-195

in skiing, 1984: Jan., 262–266 rate of, equation for determining, 1982: July, 184

symposium on, 1982: July, 179-340 in sports, common, 1984: Jan., 70 relative frequency of, 1984: Jan., 262

risk factors for, 69, 70 in swimmers, 223-224

in wrestlers, 1984: Jan., 286 knee, acute, 1983: March, 149-166

in skiing, 1982: July, 277-288 medial collateral ligament, 1983: March, 160-161 meniscal, 1983: March, 162-163

musculoskeletal, profile for prevention of, 1984: Jan., 65–84

of musculotendinous unit, acute, 1983: March, 167–182 posterior cruciate ligament, 1983: March,

posterior cruciate ligament, 1983: March

prevention of, role of flexibility in, 1984: Jan., 104-105

tendinous, in skiing, 1982: July, 272–274 to dancers, symposium on, 1983: Nov., 457–581

upper extremity, in skiing, 1982: July, 295–308

Institute for Sports Medicine and Athletic Trauma, sports fitness evaluation form of, orthopedic section of, 1984: Jan., 71–74

Intensive care unit, exercise for patients in, 1984: Apr., 336–337

International Olympic Committee, drug and sex testing regulations of, 1983: March, 13

Intracerebral hematoma, 1982: Nov., 499–500 Intraventricular conduction defect, development of during exercise, 1984: Apr., 403–404

Inverted aerial, in free-style skiing, banning of, 1982: July, 310

Iron, deficiency of, effect of on physical performance, 1984: Oct., 930 incidence and cause of, 1984: Oct.,

929-930 dietary, enhancers and inhibitors of, 1984:

Oct., 931, 933 sources of, 1984: Oct., 931

sources of, 1984: Oct., 931 requirements for, 1984: Oct., 929

supplementation with, 1982: Nov., 380 effect of on performance, 1984: July, 632-633

for female athletes, 1984: July, 661–662; Oct., 930–931

Ischemic heart disease, effect of on cardiac rehabilitation, 1984: Apr., 483-484

Iselin's disease, 1982: March, 139 Isokinetic exercise, 1983: March, 38–40 Isokinetic muscle contraction, 1984: Jan.,

Isokinetic muscle performance, evaluation of, 1983: March, 37–53

Isokinetic testing, 1983: March, 40–49Isokinetic training, advantages of after knee surgery, 1984: Jan., 95–96

Isometric muscle contraction, 1984: Jan., 90

Isometric exercise tests, 1984: Apr., 380–381, 396

Isotonic exercise, compared with isokinetic, 1983: March, 58–59

Isotonic muscle contraction, 1984: Jan., 90–91 Isotope angiocardiogram, 1984: Apr., 421–422 IUD, 1984: Oct., 875 Javelin throwing, shoulder injuries in, 1983: July, 245 Joint, looseness of, 1984: Jan., 114

Jones fracture, 1982: March, 138 "Jumper's knee," 1983: March, 172 in dancer, 1983: Nov., 511

Karate, use of crossed extensor reflex in, 1983: March, 78

Karvonen formula, 1984: Apr., 485

Kidney(s), abnormalities of, sports participation of child with, 1984: Jan., 155–156 injury to, in child, 1982: Nov., 484–486 single, participation of athlete with, 1982: Nov., 492

Knee, aspiration of, 1983: March, 159–160 examination of, 1984: Jan., 80

in child, 1984: Jan., 159–160 injury of, acute, 1983: March, 149–166 in dancer, 1983: Nov., 511–512, 581–583

in skiing, 1982: July, 277-288 ligamentous, postsurgical rehabilitation, 1982: July, 292 mechanisms of, 1982: July, 230-234

pediatric, 1982: July, 244, 246 in swimmer, 1984: Jan., 224

return to play after, 1983: March, 160 isokinetic testing of, pilot study, 1983: March, 46–49

muscular imbalance in, 1984: Oct., 830–831 overuse syndromes of, in female athletes, 1984: Oct., 811–815

role of forceful extension in, 1984: Oct., 835, 836

swelling of, palpation of, 1983: March, 153–154

Köhler's disease, 1982: March, 145-146

Lackman toot 1060, July 280, 1062, March

Lachman test, 1982: July, 282; 1983: March, 154 Lactate threshold, 1984: Jan., 250–251

Lactation, nutrition during, 1984: Oct., 927–928

Larynx, trauma to, 1982: Nov., 444–445 Lateral collateral ligament, of ankle, 1982: March, 74, 77

of knee, injury to, in skiing, 1982: July, 280

Lateral ligaments, of ankle, injury to, 1982: March, 119, 122–123

Lean body weight, 1984: Jan., 35–36 Leanness, trend toward in dancers, 1983: Nov., 540–541

Lecithin, B<sub>6</sub>, apple cider vinegar, and kelp diet, 1984: July, 726

Left ventricular dysfunction, exercise capacity in, 1984: Apr., 486–489 exercise training in, 1984: Apr., 489–491 Leg(s), deformity of, as cause of knee extensor mechanism problems, 1984: Oct., 833

lower, flexibility of, testing of, 1984: Jan., 110

injuries of in skiing, 1982: July, 263–276 overuse syndromes of, 1983: March, 137–148

stress fractures of, 1983: March, 144-145 Leighton Flexometer, 1984: Jan., 106

Ligament(s). See also names of specific ligaments.

injury to, AMA classification of, 1982: July, 279

laxity of, in women, 1984: Oct., 814-815 of ankle, 1982: March, 22

foot and, biomechanics of, 1982: March, 26-27

injuries to, arthrography of, 1982: March, 51, 56-57

incidence of, 1982: March, 3-4 historical perspective, 1982: March, 3-12

operative repair of, 1982: March, 117-130

of knee, skiing, injury to, postsurgical rehabilitation of, 1982: July, 292

reconditioning of, 1982: March, 27 Lip, laceration of, 1982: Nov., 458-459

Lipids. See Fat.

Lipoproteins, levels of, effect of exercise training on, 1984: Apr., 477, 480-481 effect of running on, 1984: Apr., 521-522

Liquid diets, as supplements for athletes, 1982: Nov., 380

Little League shoulder, 1983: July, 423–424 Los Angeles Olympic Organizing Committee (LAOOC), responsibilities of, 1983: March, 8

Low back pain, 1983: March, 192, 193 chronic, in alpine skiing, 1982: July, 314 in cross-country skiing, 1982: July, 314–317

in child, 1983: Nov., 587-589 in dancer, 1983: Nov., 479-480

Low dye strapping, 1982: March, 108, 111-113

Lumbar muscles, strains of, in dancers, 1983: Nov., 508–509

Lumbosacral sprain, chronic, 1983: March, 197-203

Lungs, training to improve performance of, 1984: Jan., 128-129

volumes of, 1984: Jan., 119, 120, 121, 123 in swimmers, 1984: Jan., 216

Machines, comparison of with free weights for resistance exercise, 1984: Oct., 805-806

Macrobiotic diet, 1984: July, 726

Magnesium, level of in exercising muscle, 1984: July, 642

"Making weight," for wrestlers, proper diet for, 1984: Jan., 281-282

Mallet finger, 1983: Nov., 625

Mandible, degloving wound of, 1982: Nov., 459

fracture of, 1982: Nov, 461

Mandibular occlusal repositioning appliance (MORA), improvement of strength by, controversy over, 1983: March, 120

Manual Muscle Tester, Nicholas-ISMAT, 1984: Jan., 93, 94

Marathon runners. See also Distance running.

coronary heart disease in, 1984: Apr., 527-543

female, greater resistance of to glycogen depletion, data pro and con, 1984: Oct., 782–784

sudden death in, 1984: Apr., 536 role of running in, 1984: Apr., 539–540 warning symptoms of, 1984: Apr., 538–539

Marcaine, for facet joint pain, 1983: March, 211

Maslow's hierarchy of needs, 1984: Apr., 448 Maxilla, degloving wound of, 1982: Nov., 459 fracture of, 1982: Nov., 462

examination for, 1982: Nov., 457–458 Medial collateral ligament, injury of, 1983: March, 160–161

in skiing, 1982: July, 278-280

sprains of, rehabilitation of, 1982: July, 291-292

Medical history, in preparticipation examination, 1982: Nov., 384–385 form for, 1982: Nov., 356

Memory, in learning of motor skills, 1984: Jan., 172-174

Menarche, effect of intensive training on, 1983: Nov., 515-516

in athletes, 1984: Oct., 785, 872-873 Meniscus, injury to, 1983: March, 162-163

in skiing, 1982: July, 284–285 testing of, 1983: March, 156

Menopause, 1984: Oct., 873

Menorrhagia, 1984: Oct., 876-877

Menstruation, abnormalities of, possible role of nutrition in, 1983: Nov., 545-546 athletic performance during, 1983: Nov.,

519; 1984: Oct., 785 cramps during, 1983: Nov., 520; 1984: Oct., 874

dysfunctions of, in athletes, 1983: Nov., 516–519; 1984: July, 665–667; Oct., 871–872

relation of training intensity and body weight to, 1984: Oct., 785

physiology of, 1984: Oct., 870-871 Mental health, exercise and, in children, 1982: Nov., 515-527

Mental rehearsal, 1983: March, 96

Metabolism, in exercise, 1982: Nov., 371–373 Metatarsal, fracture of, in child, 1982: March, 138

Metatarsus primus varus, 1983: Nov., 499-500

Methylprednisolone (Depo-Medrol), for facet joint pain, 1983: March, 211 in disc disease, 1983: March, 203

Metrorrhagia, 1984: Oct., 877

Microfracture, of spine, in gymnast, 1984: Oct., 843

Minerals, intake of in female athletes, 1984: July, 660, 663-664

vitamins and, effect of on performance, 1984: July, 576-577 supplementation with, effect of on per-

formance, 1984: July, 623–637 in adolescent, 1984: July, 673–674

Molluscum contagiosum, 1982: Nov., 427 Mononucleosis, infectious, sports participation of adolescent with, 1984: Jan., 155

MORA, improvement of strength by, controversy over, 1983: March, 120

Morton's neuroma, 1982: March, 152-153 Motor coordination, effects of resistance training on, 1984: Oct., 795

Motor skills, in skiers, 1984: Jan., 259 learning and performance of, 1984: Jan., 171–183

Mouth protectors, 1982: Nov, 464-466; 1983 March, 118-120

Muscles. See also specific muscle. contraction of, mode of, 1983: July, 253 physiology of, 1983: March, 74–75 use of as shock absorber, 1983: March, 79

development of, techniques for, 1983: March, 55–56

endurance of, in fencers, 1984: Jan., 238–239

function of, role of nerves in, 1983: March, 57–58, 75–76

hypertrophy of, fear of, in female athletes pursuing weight training, 1984: Oct., 794-795

injury to, pathophysiology of, 1983: March, 170

performance of, isokinetic testing of, 1983: March, 37–53

physiology of, 1984: Apr., 321-322 rupture of, 1983; March, 81-82

storage of energy by, 1983: March, 76–78 strain of, 1983: March, 80–81

strength of, definition of, 1983: March, 55, 56

fiber typing and, 1984: Jan., 85–100 in ballerinas, 1984: Jan., 201–203 in children, 1984: Jan., 164–165 in fencers, 1984: Jan., 237–238 in skiers, 1984: Jan., 257–259 in swimmers, 1984: Jan., 217–219

in wrestlers, 1984: Jan., 282, 284 manual assessment of, 1984: Jan., 91 tendon and, structure and physiology of,

1983: March, 72-74 tightness of, as cause of patellofemoral

problems, 1984: Oct., 834–835 work done by, 1983: March, 187–188 Muscle fiber, types of, 1984: Jan., 85–86;

Apr., 321

in females compared with males, 1984: Oct., 782

in skiers, 1984: Jan., 259–261 in swimmers, 1984: Jan., 216–217 relation of to athletic performance, 1984: Jan., 88–90

Muscle mass, measurement of, 1984: July,

Musculoskeletal profiling, for prevention of injury, 1984: Jan., 65-84

in children, 1984: Jan., 157-158

Musculoskeletal screening examination, for sports participation, 1982: Nov., 359-365

Musculoskeletal system, changes in during pregnancy, 1984: Oct., 881 problems of, in female athletes, 1984: Oct.,

809-827

Musculotendinous unit, acute injury of, 1983: March, 167–812

biomechanics, of, 1983: March, 71–86 Myelography, role of in spinal injury, 1982: Nov., 503

Myocardial aerobic capacity, 1984: Apr., 386–387

Myocardial aerobic impairment, formula for calculating, 1984: Apr., 387

Myocardial infarct scan, 1984: Apr., 422

Myocardial infarction, acute, predischarge inhospital exercise testing of patients with, 1984: Apr., 382–384

cardiorespiratory fitness in patients with, recommendations for, 1984: Apr., 426–427

counseling of patients after, 1984: Apr., 352-353

early ambulation after, 1984: Apr., 333–348 education of patients after, 1984: Apr., 352 exercise after, early initiation of, 1984: Apr., 351–352

in-patient, effects of, 1984: Apr., 502–503 exercise testing after, 1984: Apr., 409–410 in runner, warning symptoms of, 1984: Apr., 538–539

recurrent, reports of in exercise clinical trials, 1984: Apr., 550-551

role of emotional stress in, 1984: Apr., 521 role of marathon running in, 1984: Apr., 539-540

running by patient with, psychological benefits of, 1984: Apr., 516-517

spontaneous improvement in Vo<sub>2</sub> max after, 1984: Apr., 503 Myocardial oxygen demand, 1984: Apr., 327-329, 474-476

Myofilament, contraction of, 1983: March, 73-74

Myositis, tendinitis and, in dancer, 1983: Nov., 492

Myositis ossificans, 1983: March, 179-180

Nail, of great toe, ingrown, in dancer, 1983: Nov., 503

National Athletic Injury/Illness Reporting System, 1982: Nov., 348

National Dairy Council, dietary pattern recommended by, 1984: July, 677-678

National Electronic Injury Surveillance System, 1982: Nov., 347-348

National Exercise and Heart Disease Project, 1984: Apr., 313, 547

National governing bodies, responsibilities of, 1983: March, 8

National Operating Committee on Standards for Athletic Equipment, 1982: Nov., 349 Nautilus equipment, 1984: Jan., 96

Neck, trauma to, in child, 1982: Nov., 445-446

upper extremities and, injuries to, in dancers, 1983: Nov., 459-472

Nerves, cervical spinal, anatomy of, 1983: Nov., 461–463

role of in muscle function, 1983: March, 57-58, 75-76

Neuritis, acute sciatic, in dancer, 1983: Nov., 496 brachial, and thoracic outlet syndrome,

1983: July, 446

Niacin, effect of on performance, 1984: July, 625-626

physiologic functions of, 1983: Mar., 106 Normal exercise data, in children 8 to 12 years, 1982: Nov., 390–391

Nose, injury to, in child, 1982: Nov., 439-442 Nuclear cardiology, 1984: Apr., 417-424

Nutrients, daily intake of, in female athletes, 1984: July, 650-653

Nutrition, exercise and, symposium on, 1984: July, 565-751

for athletes, 1983: Mar., 105–114 adolescent, 1984: July, 671–678 female, 1984: July, 649–670; Oct., 923–938

pediatric, 1982: Nov., 371–381 for ultra-endurance sports, 1984: July, 679–692

679-692 for wrestlers, 1984: Jan., 281-282

habits of, in dancers, 1983: Nov., 541–543 inadequate, possible role of in menstrual abnormalities, 1983: Nov., 545–546 postexercise, 1984: July, 580

Nutritional supplements, 1982: Nov., 380; 1983: March, 108-109 Obstetric problems, gynecologic problems and, in dancer, 1983: Nov., 515-523

Olympic Committee, drug regulations of, treatment of asthma and, 1984: Jan., 132 Olympic Games, drugs prohibited in, list of,

1983: March, 15

history of, 1983: March, 183

sports medicine and, symposium on, 1983: March, 1-228

sports medicine as unifying force in, 1983: March, 5-6

One leg hop test, 1984: Jan., 76, 79

Ontario Exercise-Heart Collaboration Study, 1984: Apr., 313-314

Orbit, fracture of, 1982: Nov., 462-463

Orthostatic stress, importance of to exercise performance, 1984: Apr., 502

Orthotic devices, for running shoes, 1982: March, 171-174

Os trigonum, in dancer, 1983: Nov., 512 Osgood-Schlatter's disease, 1983: March, 172-173; Nov., 601; 1984: Jan, 160; Oct., 838

Ossicle, injury of, in child, 1982: Nov., 437-438

Osteoarthritis, of first metatarsophalangeal joint, in dancer, 1983: Nov., 501-502 Otitis, external, 1982: Nov., 435

Overhead throw, biomechanics of, 1983: July, 263-264

Overtraining, role of in sudden death and myocardial infarction, 1984: Apr., 539-540

Overuse syndromes, in baseball, tennis, gymnastics, and swimming, 1983: July, 379-390

in children, 1983: Nov., 595-607

in dancers, risk factors for, 1983: Nov., 474-475, 477-478

of knee and spine, in girls' gymnastics, 1984: Oct., 829-850

of lower extremity, 1983: March, 137-148 Oxygen consumption, maximal. See Vo. max.

Pacemakers, fixed-heart rate, exercise training in patients with, 1984: Apr., 485

Pain, in shoulder, increased susceptibility of females to, 1984: Oct., 816-817 low back. See Low back pain.

patellofemoral, in female gymnast, 1984: Oct., 835-836

Pantothenic acid, effect of on performance, 1984: July, 627

physiologic functions of, 1983: March, 106 Para-aminobenzoic acid (PABA), 1983:

March, 106-107 Parallel squat, performance of by female ath-

lete, 1984: Oct., 805

Paramedical personnel, use of in group examination, 1982: Nov., 355

Paraplegic. See also Handicapped athletes. ski-sledding by, 1982: July, 321

Pars interarticularis, fractures of, 1983: March, 203, 206

stress fracture of, 1984: Oct., 842, 843

Pas de deux, development of, 1983: Nov., 466-467

Passive stretching exercises, 1984: Jan., 112 Patella, bracing of, 1984: Oct., 813, 840, 841 dislocation of, 1983: March, 164-165

displacement of, effect of on efficiency of the extensor mechanism, 1984: Oct., 835 instability of, in female gymnast, 1984: Oct., 837-838

malposition of, 1984: Oct., 831-832

subluxation of, in dancer, 1983: Nov., 513 tendinitis of, in female gymnast, 1984: Oct., 838

Patellar tendon, rupture of, 1983: March, 172 Patellofemoral joint, dysfunction of, in female athlete, 1984: Oct., 857-861

injury to, in skiing, 1982: July, 285-286 nonoperative treatment, 1982: July, 290-291

Patellofemoral pain, in female gymnast, 1984: Oct., 835-836

Patellofemoral stress syndromes, 1983: March, 138-140

in female athletes, 1984: Oct., 811-812,

in young athletes, 1983: Nov., 601-602 Pectoralis major muscle, clavicular, role of in arm elevation, 1983: July, 257

Pediculosis pubis, 1982: Nov., 428

Pelvic inflammatory disease, 1983: Nov., 520-521

Pelvis, size of, in male and female athletes, 1984: Oct., 767, 770

Perceived exertion, rating of, 1984: Apr., 391-392, 427-428

Pericoronitis, 1983: March, 117

Performance, in sports, factors in, 1984: Jan.

discriminant analysis in measurement of, 1984: Jan., 7-8

preparticipation assessment of, development of criteria for, 1984: Jan, 178-180 speed of, effects of resistance training on, 1984: Oct., 795-796

successful, for females, increasing chances of, 1984: Oct., 903-904 standards for, 1984: Oct., 902-903 testing for, 1983: March, 19-24

Perineum, trauma to, in child, 1982: Nov., 489-490

Peroneal tendon, injuries of, 1983: Nov., 636-637, 639

subluxation of, in skiing, 1982: July, 272-273

Personal Attributes Questionnaire, 1984: Oct., 915

Pes planus, 1982: March, 149-150

Phenylbutazone, for shoulder impingement, 1983: July, 400

Physical fitness. See also Cardiorespiratory fitness.

growth of scientific interest in and knowledge of, 1984: Apr., 513-515

high level of, presence of cardiovascular disease in person with, 1984: Apr., 540

Physiologic healing, 1983: July, 274 Physiology, of dance, 1983: Nov., **525–537** Pinna, injury to, 1982: Nov., 432–435 Pitching, biomechanics of, 1983: July,

261-263 Pivot shift phenomenon, 1982: July, 283; 1983: March, 154-156

PL 95-606, implications of for sports medicine, 1983: March, 7-11

Plantar fascia, biomechanics of, 1982: March, 26

inflammation of, 1983: March, 147; Nov., 597–598

taping for, 1983: Nov., 605 Plasma, volume of, changes in during pregnancy, 1984: Oct., 882–884

Plica, suprapatellar, 1983: March, 140 synovial, 1984: Oct., 834, 838

"Polypharmacy," 1983: March, 16 Porter-Lawler process model, 1984: Apr.,

449, 450
Posterior cruciate ligament, injury of, 1983:
March, 162

in skiing, 1982: July, 283-284

Potassium, content of in common foods, 1984: July, 663

July, 663 depletion of, during heavy exercise, 1984:

July, 645-647 level of in exercising muscle, 1984: July, 642

supplementation of, for female athletes, 1984: July, 663

total body, measurement of, 1984: July, 713

Power clean, performance of by female athlete, 1984: Oct., 804–805

Practice sessions, for sports, optimal conditions for, 1984: Jan., 176-177

Prazosin, hemodynamic effects of, 1984: Jan., 148

Predictive value, of test, formula for, 1984: Apr., 400

Pregame meal, 1984: July, 577–578, 674, 685

for child, 1982: Nov., 377

Pregnancy, employment of mother during, effect of on fetal well-being, 1984: Oct., 889-890

exercise during, 1984: Oct., 881-894 in athlete, 1983: Nov., 519

metabolic changes during, 1984: Oct., 881-882

musculoskeletal changes during, 1984: Oct., 881

nutrition during, 1984: Oct., 925–927 plasma volume changes during, 1984: Oct., 882–884

Prehallux syndrome, 1982: March, 142 Premenstrual syndrome, 1983: Nov., 521; 1984: Oct., 874

athletic performance and, 1984: Oct., 923–924

Preparticipation examination, 1982: Nov., 353–369; 383–386

Preparticipation testing, of sports performance, development of criteria for, 1984: Jan., 178–180

Profiling, cardiovascular, 1984: Jan., 11–29 in sports, limitations of, 1984: Jan., 8 symposium on, 1984: Jan., 1–294 use of to prevent injury, 1984: Jan., 66–68

value of, 1984: Jan., 3-9 of children, for sports participation, 1984:

Jan., 153-169 of fencers, 1984: Jan., 231-244

of hypertensive patients, 1984: Jan., 137–152

of professional ballerinas, 1984: Jan., 199-209

of professional football players, 1984: Jan., 185–197

of skiers, 1984: Jan., 245-271 of swimmers, 1984: Jan., 211-229

of wrestlers, 1984: Jan., 273–289 Progesterone challenge test, 1983: Nov., 518–519

Progressive resistance exercise, 1984: Jan., 95; Oct., 797

Proprioceptive neuromuscular facilitation, 1984: Jan., 113

Protective equipment, for eyes, 1982: Nov., 470–472, 476, 477, 478 for mouth, 1982: Nov., 464–466

Protein, intake of during training, 1984: July, 571

requirements for, in athletes, 1984: July, 595-604

in female athletes, 1984: July, 655-657-Proteoglycans, 1983: July, 274

Pseudoboutonniere deformity, 1983: Nov., 612-613

Pseudofolliculitis, 1982: Nov., 421 Pseudovitamins, 1983: March, 106–107

Psychological assessment, of children athletes, 1982: Nov., 523–524

of athletic behavior, 1984: Oct., 915-916 Psychology, sports. See Sports psychology.

Pulk, 1982: July, 324 Pulmonary profiling, 1984: Jan., 119-136

Pyridoxine, effect of on performance, 1984: July, 626 Q angle, abnormality of, 1984: Oct., 834 measurement of, 1984: Oct., 833 size of in women, effect of on running

efficiency, 1984: Oct., 783

Q wave, septal, analysis of in exercise testing, 1984: Apr., 403

Quadriceps, contusion of, 1983: March, 178 flexibility of, testing of, 1984: Jan., 108,

strain of, 1983: March, 171-172

strengthening exercises for, 1984: Oct., 838-839

tendinitis of, in female gymnast, 1984: Oct., 838

OT interval, measurement of in exercise test, 1984: Apr., 403

R wave, analysis of in exercise testing, 1984: Apr., 402-403

amplitude of, changes in after exercise, 1984: Apr., 390

Racquet sports, eye injuries in, 1982: Nov., 473-480

Radiculitis, cervical, 1983: March, 131-132 Radiography, of ankle, 1983: March, 221

of arm, use in body composition analysis, 1984: Jan., 43, 46-50

of chest, in evaluation of heart disease, 1982: Nov., 387

of knee, 1983: March, 157-158

of shoulder instability, 1983: July, 322-323 of shoulder pain, 1983: March, 124

preliminary, for shoulder arthrography, 1983: July, 293 visualization of rotator cuff tears on,

1983: July, 298-299

Rating of perceived exertion, 1984: Apr., 391-392, 427-428

Rebreathing technique, for assessing cardiac output, 1982: Nov., 390-392 Recommended daily dietary allowances,

1982: Nov., 375 Rectus abdominis, strain of, 1983: March, 175

Rectus femoris, strain of, 1983: March, 171 - 172

Reflex, muscular, physiology of, 1983: March, 75 - 76

Reflex sympathetic dystrophy, 1982: March, 146; 1983: July, 447

Rehabilitation, cardiac. See Cardiac rehabilitation.

of ankle injuries, 1982: March, 87-98 of skiing injuries, 1982: July, 289-294

Relaxation techniques, for athletes, 1983: March, 94-96

Renin-angiotensin system inhibitors, hemodynamic effects of, 1984: Jan., 149

Resistance training, 1983: March, 55-69 different response of males and females to, 1984: Jan., 223

for women, 1984: Oct., 791-808

Respiratory center, control of breathing by, 1984: Jan., 123-124

Rest, in treatment of athletic injuries, 1983: July, 278

Resuscitation, drugs for, 1982: Nov., 413 Retinol, effect of on performance, 1984: July,

Retropatellar pain, in female athletes, 1984: Oct., 811-812, 814

Rhomboid muscles, overuse injury of, 1983: July, 385

Rhythmic isotonic exercise tests, 1984: Apr.,

Rib, first, removal of, in thoracic outlet syndrome, 1983: July, 450-451

Riboflavin, effect of on performance, 1984: July, 625

physiologic functions of, 1983: March, 106 Ringman's shoulder, 1983: July, 382-383 Ringworm, 1982: Nov., 422-423

Rotator cuff, impingement of, stages of injury in, 1983: July, 407-408

injury to, serious, 1983: July, 407-412 stretching exercises for, 1983: July, 414-415, 416, 417

surgery for, 1983: July, 408-409 muscles of, role of in arm elevation, 1983:

July, 258 selective testing of, 1983: July, 285, 287 strengthening of, 1983: July, 416-419 rupture of, care of, historical development

of, 1983: July, 238

tear of, acute, 1983: March, 129. arthrography of, problems in interpretation of, 1983: July, 301-302 attritional, 1983: March, 130

complete, 1983: July, 398 arthrography of, 1983: July, 299-300 treatment of, 1983: July, 402-403 dislocation and, 1983: July, 327

partial, arthrography of, 1983: July, 300 rehabilitation after surgery for, 1983: July, 419-420

visualization of on preliminary radiographs, 1983: July, 298-299

Rugby, cervicocranial injury in, 1982: Nov., 507

Running, ankle injuries in, 1982: March, 17 - 18

biomechanics of, 1982: March, 31-32 distance. See also Marathon runners. cardiac rehabilitation and, 1984: Apr. 513-526

effect of, on heart size, 1984: Apr., 519 on lipoprotein lévels, 1984: Apr., 521-522

efficiency of, in women, body structural factors affecting, 1984: Oct., 783-784 overuse syndromes in, 1983: March,

137-148

patterns of females compared with males, 1984: Oct., 772

shoes for, important characteristics of, 1982: March, 168

orthotic devices for, 1982: March, 171-174

Safety standards, for athletic equipment, 1982: Nov., 349

for skiing, 1982: July, 217-227

Salicylates, for inflammation, 1984: Oct., 840

Salter fracture, 1982: March, 134 Scabies, 1982: Nov., 427

Scapula, role of in passive mobility of shoulder, 1983: July, 248 symptomatic bursa about, in dancer, 1983:

Nov., 468-469

Scarsdale diet, 1984: July, 725-726

Sciatic nerve, injury of, in dancer, 1983: Nov., 496

Screening examination, musculoskeletal, 1982: Nov., 359-365

"Second wind," 1984: July, 611

Seizures, sports participation of child with, 1984: Jan., 156

Self-confidence, of females, in sports, 1984: Oct., 895-908

Septal hematoma, 1982: Nov., 442

Septal Q wave, analysis of in exercise testing, 1984: Apr., 403

Serratus anterior, spontaneous paralysis of, in dancer, 1983: Nov., 470

Serum lipids, levels of, effects of exercise training on, 1984: Apr., 477, 480-481 Sesamoid bones, 1982: March, 25

Sever's disease, symptomatic, 1982: March, 140-141

Sex testing, at Olympic Games, 1983: March, 16 - 17

Sexual activity, return to following coronary artery disease, 1984: Apr., 361

Shin splints, 1983: March, 143-144 in female athlete, 1984: Oct., 862-863 in young athlete, 1983: Nov., 598-599 Shober test, 1983: March, 213

Shoulder. See also specific structures. anatomy of, 1983: July, 292-293; 319-320 arthrography of, 1983: July, 291-308 arthroplasty of, historical development of,

1983: July, 237 arthroscopy of, 1983: July, 309-318 assessment of, 1983: July, 281-289

capsule of, role in passive stability, 1983: July, 249-250

care of, historical development of, 1983: July, 231-240

dislocation of. See Dislocation, of shoulder. elbow and, preparticipation examination of, in child, 1984: Jan., 161-162

examination of, in musculoskeletal profile, 1984: Jan., 80

flexibility of, testing of, 1984: Jan., 107 fracture of, care of, historical development of, 1983: July, 236

dislocation and, 1983: July, 326

impingement syndrome of, 1983: July, 391-405

in dancer, 1983: Nov., 467 in female athlete, 1984: Oct., 816-817 surgery for, 1983: July, 401-403

injuries to, epidemiology of, 1983: July, 241-246

in swimmer, 1984: Jan., 223-224

symposium on, 1983: July, 229-456 instability of, anterior, 1983: July, 319-338 classification, 1983: July, 320 multidirectional, 1983: July, 352-353,

355-368

therapy for, 1983: July, 420-421 musculature of, 1983: July, 252

angle of pull of, 1983: July, 253-254 pain in, 1983: March, 123-135

increased susceptibility of females to, 1984: Oct., 816-817

problems of, history of patient with, 1983: July, 282-284

in adolescents, 1983: July, 423-427 special properties of living tissue affecting, 1983: July, 271-280

stability of, determination of, 1983: July,

structures responsible for, 1983: July, 341-342

subluxation of, 1983: July, 339-354 anterior, surgery for, 1983: July, 350-351 arthroscopy in, 1983: July, 347-349 causes of, 1983: July, 340-341 exercises for, 1983: July, 349-350 in female athlete, 1984: Oct., 816, 818,

864-868 posterior, idiopathic, 1983: July, 384-385 surgery for, 1983: July, 351-352 recurrent, 1983: March, 132

testing for, 1983: July, 343-345 thoracic outlet syndrome and, 1983: July,

vascular pattern of, 1983: July, 393 Sickle cell anemia, sports participation of child with, 1984: Jan., 155

Siri equation, simplified, 1984: Jan., 38 Ski bra, for handicapped skier, 1982: July,

Ski pole, as cause of thumb injury, 1982: July, 297

Ski-sled, 1982: July, 324-325 Skier, profiling of, 1984: Jan., 245-271 Skiing, alpine. See Alpine skiing. ankle injuries in, 1982: March, 17 by physically handicapped, 1982: July,

cross-country. See Cross-country skiing. development of safety standards for, 1982: July, 217-227

downhill. See Alpine skiing.

free-style, injury patterns in, 1982: July,

injuries in, lower leg, 1982: July, 263-276 pediatric, 1982: July, 241-251 rehabilitation of, 1982: July, 289-294 shoulder, 1983: July, 245 symposium on, 1982: July, 179-340

Nordic. See Cross-country skiing. three-track, 1982: July, 322-323

Skinfold fatness, levels of, in male and female athletes, 1984: Oct., 763, 766 measurement of, 1984: July, 715, 718

Snapping hip, in dancer, 1983: Nov., 495 Soccer, ankle injuries in, 1982: March, 16 cervicocranial injury in, 1982: Nov.,

507-508 performance factors in, discriminant anal-

ysis of, 1984: Jan., 7 Socialization, for sports activities, differences between males and females, 1984: Oct., 900-901

Sodium, depletion of, during heavy exercise, 1984: July, 645-647

supplementation of, for female athletes, 1984: July, 662-663

Sodium bicarbonate, use of to delay fatigue, 1984: July, 738-739

Somatogram, 1984: Jan., 58-60, 61; Oct., 759-762

of female and male athletes, 1984: Oct., 770-771

Somatotype, 1984: Oct., 759 of athletes compared with nonathletes, 1984: Oct., 770

of wrestler, 1984: Jan., 275, 276

Somatotropin, use of to stimulate muscle growth, 1984: July, 746 Somatotyping, Heath-Carter, of swimmers,

1984: Jan., 221-222

Speed, of athletic performance, effects of resistance training on, 1984: Oct., 795-796

Speed's test, 1983: July, 288

Spindle muscle reflex, 1983: March, 75-76 Spine, cervical, anatomy of, 1983: Nov., 460-461

nerves of, anatomy of, 1983: Nov., 461-463

examination of, in musculoskeletal profile, 1984: Jan., 79-80 in child, 1984: Jan., 158-159

injury to, in child, 1982: Nov., 500-501 in female gymnast, clinical findings in, 1984: Oct., 843-844 treatment of, 1984: Oct., 844, 846-847 traumatic, in skiing, 1982: July, 309-318

microfracture of, in gymnast, 1984: Oct.,

Spondyloarthropathy, seronegative, 1983: March, 212-213

Spondylolisthesis, 1983: March, 208-210 Spondylolysis, in dancer, 1983: Nov., 480-482

isthmic, 1983: March, 203, 206 Sport Competition Anxiety Test, 1984: Oct., 915

Sports, classification of, 1984: Jan., 5

participation in, of females, social attitudes affecting, 1984: Oct., 910-911

performance in. See Performance, in sports.

sex-role appropriateness of, perceptions of, 1984: Oct., 897-898

socialization process for, differences between males and females, 1984: Oct., 900-901

specific, characteristics required for success in, testing of, 1983: March, 19-24

Sports Biomechanics Laboratory of United States Olympic Complex, evaluation techniques of, 1983: March, 32-35

Sports medicine, in Olympic Games, symposium on, 1983: March, 1-228

Sports psychology, 1984: Jan., 284-285 credential standards for personnel in, 1983: March, 91-92

elite athlete and, 1983: March, 87-99 for female athlete, 1984: Oct., 909-921 in U.S.S.R. and East Germany, 1983:

March, 88 U.S.O.C. workshop on, 1983: March, 90-92

Sprain, lumbosacral, chronic, 1983: March, 197-203

of ankle, 1983: March, 217-224; 1984: Oct., 818-819

classification, 1982: March, 83, 85, 86 in dancer, 1983: Nov., 509 in skiing, 1982: July, 271

of foot, acute, 1982: March, 154-155 of medial collateral ligament, rehabilitation

of, 1982: July, 291-292 Square dancing, physical demands of, 1983: Nov., 526

ST-T depression, during exercise testing, 1984: Apr., 388-389, 396-397, 400

ST-T elevation, during exercise testing, 1984: Apr., 402

Starch, as fuel for exercise, 1984: July, 734 Starvation, effects of, 1983: Nov., 551 Starvation diets, 1984: July, 727

Static exercise, 1984: Apr., 320-321

Static stance, weight distribution in, 1982: March, 29-30

Sternoclavicular joint, dislocation of, 1983: July, 435-437

in adolescent, 1983: July, 426

Steroids, anabolic, 1982: Nov., 380; 1984: July, 702, 743-748

for athletic injuries, 1983: July, 279

for shoulder impingement, 1983: July, 400 for tendinitis, 1983: March, 127

Strain, iliopsoas, 1983: March, 175 in dancer, cervical, 1983: Nov., 469 of hip adductors, 1983: Nov., 491-492

of lumbar muscles, 1983: Nov., 508-509 upper back, 1983: Nov., 479

musculotendinous, 1983: March, 168-171 of hip adductor, 1983: March, 173 of muscle, 1983: March, 80-81

of quadriceps, 1983: March, 171-172 of rectus femoris, 1983: March, 171-172

Strain gauge dynamometer, 1984: Jan., 92 Strength. See also Muscle, strength of.

assessment of, methods of, 1983: Nov., 534 in dancer, 1983: Nov., 534-535

of females compared with males, 1984: Oct., 771-772

potential of female athletes for development of, 1984: Oct., 792-793

testing of, in women, 1984: Oct., 798, 800 Strength profile, use of, 1984: Jan., 93, 95

Strength training, equipment for, advantages of one type over another unproved, 1984: Jan., 96-97

in outpatient cardiac rehabilitation, 1984: Apr., 435

protein metabolism during, 1984: July, 597-598

Stress, emotional, in athletes, management of, 1983: March, 93-96 role of in myocardial infarction, 1984:

Apr., 521 response of nonliving materials to, 1983:

July, 272-273 Stress fractures, in child, 1982: March, 141;

1983: Nov., 587, 599-600 in dancer, 1983: Nov., 512-513 effect of nutrients on, 1983: Nov., 545

hypoestrogenemia as possible cause of, 1983: Nov., 545 of hip, 1983: Nov., 490

in female athlete, 1984: Oct., 822-824, 863-864

of lower leg, 1983: March, 144-145 of pars interarticularis, 1984: Oct., 842, 843 Stress radiograph of ankle, 1982: March, 5-6, 48-49, 82

inversion, 1982: March, 122-123 Stress test. See Exercise testing.

Stress urinary incontinence, in female, 1983: Nov., 521: 1984: Oct., 875

Stryker notch view, 1983: July, 345, 347

Subdural hematoma, 1982: Nov., 499

Subluxation, of shoulder. See Shoulder, subluxation of.

patellar, in dancer, 1983: Nov., 513

Subscapularis muscle, strengthening of, 1983: July, 419

Subscapularis tendon, role of in passive stability of shoulder, 1983: July, 251

Subtalar joint, biomechanics of, 1982: March, 22 - 23

Sucrose, as fuel for exercise, 1984: July, 734 Sudden death, cardiovascular, 1982: Nov., 395-396

in marathon runners, 1984: Apr., 536 role of running in, 1984: Apr., 539-540 warning symptoms of, 1984: Apr., 538-539

Supraspinatus muscle, role of in arm elevation, 1983: July, 257

strengthening exercise for, 1983: July, 416, 418, 419

Supraspinatus tendon, chronic noncalcific tendinitis of, 1983: March, 125-126

Sweat, nutrient composition of, 1984: July, 640-641

"Swimmer's ear," 1982: Nov., 435

Swimmers, female, increased susceptibility of to shoulder pain, 1984: Oct., 816-817 shoulder injuries in, 1983: July, 242-243 profiling of, 1984: Jan., 211-229

Swimming, biomechanics of, 1983: July, 265-267 performance in, equation for predicting,

1984: Jan., 225

shoulder motion in, 1983: July, 381 strokes in, mechanics of, 1984: Jan., 211-213

Syndesmosis, tibiofibular, 1982: March, 77-78

Synovial plica, 1984: Oct., 834, 838

Synovitis, postoperative, in female athletes, 1984: Oct., 815

Synovium, abnormalities of, arthrography of, 1983: July, 304-305

"Tahoe marathon" exercise, 1982: July, 291-292

Talar tilt, 1982: March, 6-7, 123

Tampon, use of, toxic shock syndrome and, 1984: Oct., 876

Taping, for plantar fasciitis, 1983: Nov., 605 of ankle, 1984: Oct., 819, 820 of foot, ankle, and lower leg, 1982: March,

99-116 Tarsal coalition, in child, 1982: March, 142

x-ray of, 1982: March, 62-63 Tarsal tunnel syndrome, 1982: March, 153-154

Team physician, educational responsibilities of, 1984: July, 675-676

Teeth, injury to, in child, 1982: Nov., 449-453 problems with, in athletes, 1983: March,

115-122

trauma to, 1983: March, 117-118 Temporal bone, fracture of, 1982: Nov., 439 Temporomandibular joint, soft tissue injury of, 1982: Nov., 460

Tendinitis, Achilles, 1983: March, 145-147; Nov., 598

in dancer, 1983: Nov., 509

bicipital, 1983: March, 125, 131 physical therapy for, 1983: July, 421 chronic, in shoulder, 1983: March, 125-127

patellar, 1983: March, 172 in female gymnast, 1984: Oct., 838 iliotibial tract, 1983: March, 140-141 myositis and, in dancer, 1983: Nov., 492 of flexor hallucis longus, in dancer, 1983: Nov., 510-511

of foot, in dancer, 1983: Nov., 510-511 patellar, in female gymnast, 1984: Oct.,

popliteal, 1983: March, 141-142 semimembranosus, 1983: March, 142-143 steroids for, 1983: March, 127

Tendon. See also specific tendon. muscle and, structure and physiology of, 1983: March, 72-74

scar tissue in, 1983: March, 73 Tennis, biomechanics of, 1983: July, 264 performance factors in, 1984: Jan., 69 shoulder injury in, 1983: July, 244-245

shoulder motion in, 1983: July, 380 TENS, for impingement syndrome, 1983: July, 400

Teratism, hyperthermia and, 1984: Oct., 884 Teres minor muscle, infraspinatus muscle and, strengthening of, 1983: July, 419

Test, sensitivity of, formula for, 1984: Apr.,

Testes, injury to, 1982: Nov., 489-490 single, participation of athlete with, 1982: Nov., 492

Testosterone, possibility of banning from Olympics, 1983: March, 16 Texas Social Behavior Inventory, 1984: Oct.,

915-916

Thallium perfusion scan, 1984: Apr., 417-

Thiamine, effect of on performance, 1984: July, 624-625

physiologic functions of, 1983: March, 106 Thoracic outlet, anatomy of, 1983: July, 439-441

conditions of, in dancers, 1983: Nov., 469 Thoracic outlet syndrome, 1983: July, 439-452

exercises for, 1983: July, 448-450

in female athletes, 1984: Oct., 852-854 surgery for, 1983: July, 450-451

Thorstensson test, 1984: Jan., 249

Throwing, overuse injuries in, 1983: July, 381-384

shoulder impingement in, 1983: July, 393-394

Thumb, injury to, 1983: Nov., 613-615 role of ski pole in causing, 1982: July,

ulnar collateral ligament of, injury to, in skiing, 1982: July, 296-300, 306-307

Tibia, fracture of, in skiers, 1982: July, 234-236, 266-269 pediatric, 1982: July, 243-244

Tibial tendon, anterior, injury of, 1983: Nov.,

posterior, injury of, 1983: Nov., 639-640 Tibial tubercle, avulsion of, 1983: March, 172 Tinea versicolor, 1982: Nov., 422

Tissue, living, special properties of affecting the shoulder, 1983: July, 271-280

Title IX rule, 1984: Oct., 809 Toe. See Hallux.

Toenail, ingrown, in dancer, 1983: Nov., 503 Tomography, double-contrast arthrography and, of glenoid labrum, 1983: July,

297-298 of shoulder, 1983: July, 294-295

Tongue, laceration of, 1982: Nov., 459-460 Toxic shock syndrome, use of tampon and, 1984: Oct., 876

Traction apophysitis, 1982: March, 139 Trainer, viewpoint of, in women's athletics, 1984: Oct., 851-868

Training, adaptation of adipose tissue to, 1984: July, 607-609

contribution of to weight loss, 1984: July, degree of, effect of on fat oxidation during

exercise, 1984: July, 611-612 effects of, on cardiovascular system, 1984:

Jan., 14-15 on fuel used during exercise, 1984: July,

on improvement of Vo2 max in females, 1984: Oct., 784-785

for Alpine skiing, 1984: Jan., 268

for cross-country skiing, 1984: Jan., 267-268

for ultra-endurance events, 1984: July, 686-687

linking of with profiling, 1984: Jan., 8-9 necessity of specificity in, 1984: Oct., 796-797

of pregnant athlete, effects of, 1984: Oct., 885-886

of ventilatory muscles, in chronic obstructive pulmonary disease, 1984: Jan., 135 resistance, 1983: March, 55-69

for women, 1984: Oct., 791-808

to improve lung and ventilatory muscle performance, 1984: Jan., 128-129

Training cycles, establishment of for optimal performance, 1983: March, 24-25, 30 Training meal, for child, 1982: Nov., 376-377

Transcutaneous nerve stimulation, in impingement syndrome, 1983: July, 400

Transverse tarsal joint, biomechanics of, 1982: March, 23-24

Trauma. See also Injury and specific part affected.

auditory, noise-induced, 1982: Nov., 438 dental, 1983: March, 117-118

perineal, in child, 1982: Nov., 489-490 to eyes, field management of, 1982: Nov., 480-481

to larynx, 1982: Nov., 444-445 to neck, 1982: Nov., 445-446 to pinna, 1982: Nov., 432-435

Treadmill, motor driven, in cardiovascular testing, 1984: Jan., 21-22

Triglycerides, effects of exercise on, 1984: Apr., 480

Trunk, flexibility of, testing of, 1984: Jan., 109-110, 111

Tryouts, for sports, development of tests used in, 1984: Jan., 178-180

Turnout, in dancer, development of, 1983: Nov., 485-490

Tympanic membrane, perforation of, 1982: Nov., 437

Type A behavior, as risk factor for coronary artery disease, 1984: Apr., 360

U wave inversion, in exercise test, 1984: Apr.,

Ultra-endurance sports, nutrition for, 1984: July, 679-692

Ultrasound, in subcutaneous fat measurement, 1984: Jan., 43, 44-45 use of for inflammation, 1984: Oct., 840

United States Olympic Committee (U.S.O.C.), Committee on Dental Health, 1983: March, 115-116

Handicapped in Sports Committee of, 1983: March, 185-187

objectives of, 1983: March, 189-190 Sports Medicine Division of, structure of, 1983: March, 9-11

Universal exercise equipment, 1984: Jan., 96 Unna boot, 1982: March, 87

Upper extremity. See also Arm. neck and, injuries to, in dancers, 1983:

Nov., 459-472 skiing injury to, 1982: July, 295-308

strength of, in females, 1984: Oct., 816 Urinary incontinence, stress, in female, 1983: Nov., 521; 1984: Oct., 875

Urinary tract, lower, injury to, in child, 1982: Nov., 487-489

Vaginitis, 1983: Nov., 520; 1984: Oct., 876 Vasodilators, hemodynamic effects of, 1984: Jan., 147-148

Vasospastic angina, 1984: Apr., 408

Vastus medialis obliquus, lack of normal development of, 1984: Oct., 831

strengthening exercises for, 1984: Oct., 839 Ventilation, control of, 1984: Jan., 123-124

exercise and, 1984: Jan., 124-128 maximal voluntary, 1984: Jan., 127-128

Ventilatory muscles, training of, in chronic obstructive pulmonary disease, 1984: Jan., 135

to improve performance of, 1984: Jan., 128-129

Ventricular aneurysmectomy, endocardial resection and, effect of on response to cardiac rehabilitation, 1984: Apr., 484

Vermilion border, approximation of, 1982: Nov., 458-459

Verrucae, 1982: Nov., 426-427

Vertebra, blood supply of, 1983: Nov., 463-464

Vision, impaired, participation of athlete with, 1982: Nov., 480

Vitamin B<sub>15</sub>, 1983: March, 107 Vitamin P, 1983: March, 107

Vitamins, definition of, 1983: March, 106 intake of, in female athletes, 1984: July, 657-659, 660

minerals and, effect of on performance, 1984: July, 576-577

supplements of, effectiveness of for athletes, 1984: July, 623-637

in adolescent, 1984: July, 673-674 Vo<sub>2</sub> max, 1984: Jan., 11-14; Apr., 322-323 average values of, 1984: Apr., 386

effect of exercise on, 1984: Apr., 324-327 estimation of from heart rate, 1984: Jan.,

improvement in, after aerobic dance training, 1983: Nov., 528-529, 530-531 postconditioning, in cardiac patients,

1984: Apr., 472-474, 494-495 relation of frequency and duration of training to, 1984: Apr., 498-499 relation of intensity of training to, 1984: Apr., 495, 498

summary of studies of, 1984: Apr., 496-497

spontaneous, after myocardial infarction, 1984: Apr., 503

in cross-country skier, 1984: Jan., 248, 252,

in dancers, 1983: Nov., 527-528

improvement in, 1983: Nov., 529-531 in females, compared with males, 1984:

Oct., 780-781 effects of training on, 1984: Oct.,

784-785

limiting factors in, 1984: Jan., 12-13

Vo<sub>2</sub> max (Continued)
measurement of in exercise testing, 1984:
Apr., 373
normal values for, 1984: Jan., 23, 25
predictions of, from treadmill exercise test, 1984: Jan., 19
Volleyball, shoulder injuries in, 1983: July,

Warm-up, for prevention of impingement in shoulder, 1983: July, 398–399

Warts, 1982: Nov., 426–427
Water, electrolytes and, requirements for during exercise, 1984: July, 639–648
intake of, during competition, 1984: July, 578

during exercise, guidelines for, 1984: July, 739

during training, 1984: July, 574–576 requirements for, in female athletes, 1984: July, 664

role of in body composition, 1984: July, 708 total body, measurement of, 1984: July,

Water supplementation diet, 1982: Nov., 377–378

377–378
Weight, control of, in athletes, 1984: July, 693–704

nutritional problems in, 1984: July, 577

increase of, diet for. 1982: Nov., 379 in female athletes, 1984: July, 654 for sports participation, 1984: July, 701–703

loss of, diet for, 1982: Nov., 379–380 in female athlete, 1984: July, 654 excessive, 1984: July, 698, 700–701 improper, in dancers, 1983: Nov., 543–544 in wrestlers, regimen for, 1984: Jan., 281–282; July, 696–697, 700–701 minimal, equation for, 1984; Jan., 36 of female athletes, 767. Weight training. See Resistance training. West Point view, 1983: July, 345–346, 386 Wingate muscle power test, 1984: Jan., 249 Winter Olympic Games for the Disabled,

1982: July, 328 Wolff's Law, 1982: March, 26

Women, appropriateness of sports for, perceptions of, 1984: Oct., 897–898

as athletes, athletic trainer's view of, 1984: Oct., 851–868

motivational aspects in performance of, 1984: Oct., 913–914

musculoskeletal problems of, 1984: Oct., 809–827

nutritional needs of, 1984: July, 649–670 psychological profile of, 1984: Oct., 912 symposium on, 1984: Oct., 753–964

attitudes of toward competition, 1984: Oct., 898

coronary artery disease in, 1984, Apr., 362-363

Work capacity, during pregnancy, 1984: Oct., 884 Wrestler, cervicocranial injury in, 1982:

Nov., 508, profile of, 1984: Jan., 273–289 shoulder injuries in, 1983: July, 244 weight loss for, 1984: Jan., 281–282; July,

696–697, 700–701 Wrestling, rules for, 1984: Jan., 274 Wrist, injuries to, 1983: Nov., 617–619 Wrist capsulitis, in gymnasts, 1983: Nov., 579–580

Zygoma, fracture of, 1982: Nov., 462

